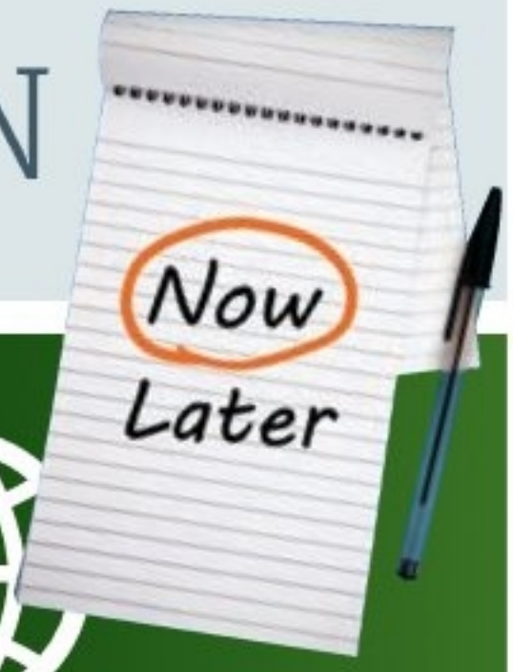
HOW TO BEAT PROCRASTINATION

STOP THE THIEF OF TIME FOR GOOD IN 2015. PAGE 17



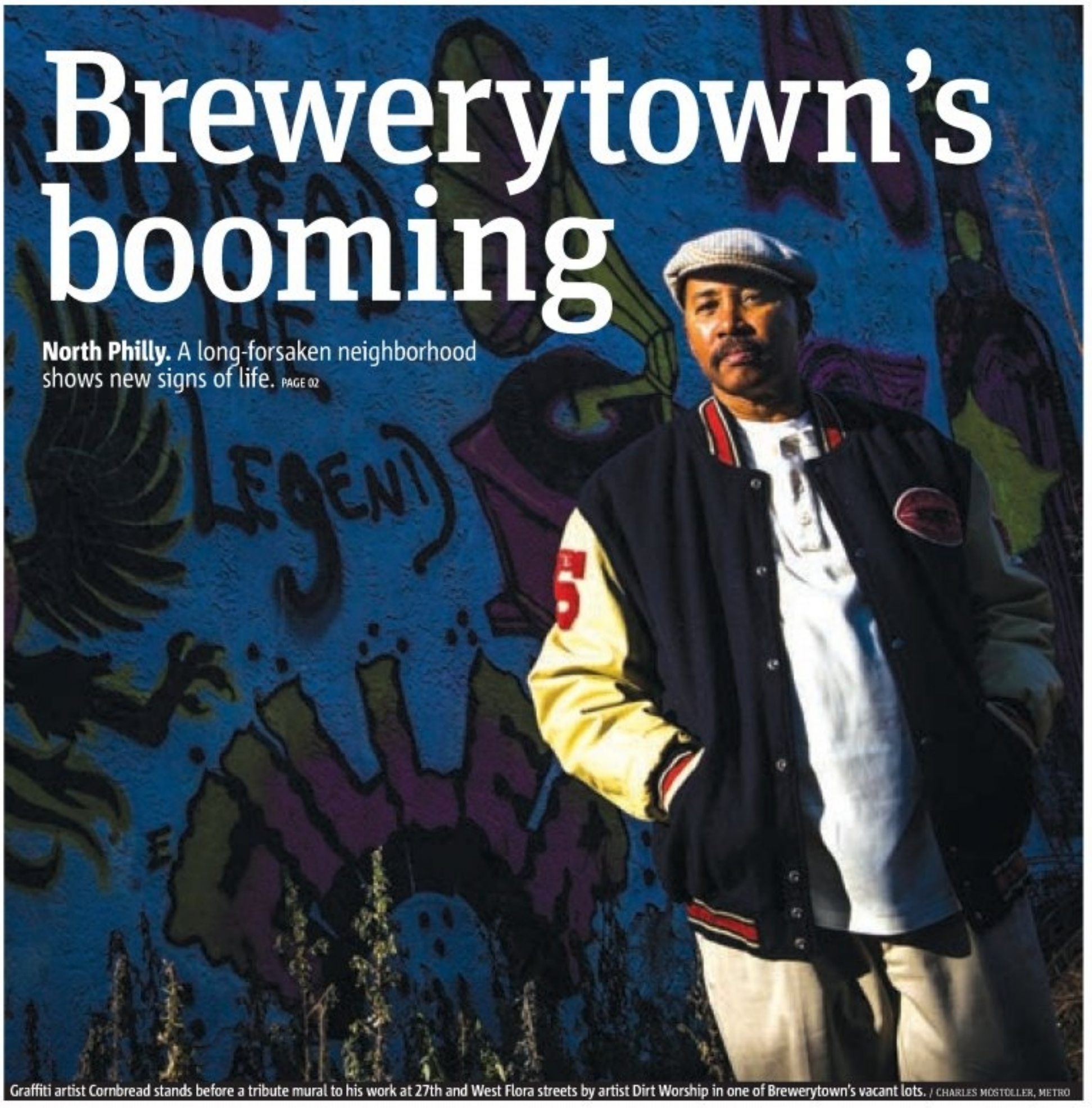
metro
PHILADELPHIA No. 1 FREE DAILY IN THE US
Monday, January 5, 2015 www.metro.us | t: MetroPhilly | f: MetroPhilly

Big Philly Beerfest!
Presented By
Blue Moon Brewing Company

• January 9 & 10
• Biggest Beerfest Ever In Philly!
• See Page 13

Brewerytown's booming

North Philly. A long-forsaken neighborhood shows new signs of life. PAGE 02



Graffiti artist Cornbread stands before a tribute mural to his work at 27th and West Flora streets by artist Dirt Worship in one of Brewerytown's vacant lots. / CHARLES MOSTOLLER, METRO

Student's funeral plans announced

PAGE 02

Philly crime falls to historic lows

PAGE 06

Gwyneth Paltrow is all about her specialness

PAGE 12

Fight the first day back to work blues

PAGE 16

1 NEWS

Top 3

The best of Metro.us

1 'Watch a supercut of people falling down stairs in movies'

2 'Video: Hannah Storm fights through tears while announcing passing of Stuart Scott on ESPN'

3 'Who is Twitter sensation Shawn Oakman?'

On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.

Brewerytown is coming back to life

A mural is painted on an MM Partners building; At bottom left, Chef Harry Sanitsoglou gestures inside Uncle Nick's Pizza at 29th and Girard, which opened last month; Right, artist Cornbread in front of his work at 27th and Girard. / SAM NEWHOUSE

Reprise.
North Philly's long-forsaken neighborhood is showing new signs of life, though locals ask where's the beef.

"This neighborhood used to be fabulous," says Darryl McCray, 62, better known as graffiti writer "Cornbread," notorious in the 1960s for tagging an elephant at the Philadelphia Zoo. "Everybody came to Brewerytown."

"That's pretty damn hot right there," McCray, an area native says, pointing at a smiley face graffito peeking out of a parking lot on Girard Avenue between 26th and 27th streets in North Philly. "It started with Cornbread's signature and it evolved to this."

Rising foot traffic on West Girard Avenue between 25th and 31st streets has businesses opening and a raft of condo and commercial development. Even the graffiti has been getting an upgrade, as developer MM Partners has been hiring local artists to decorate its walls.

"Ever since we started working in the neighborhood, we've wanted to bring arts into the mix," said Jacob Roller, a partner in MM. "If there's a blank wall we think we can add something."

A new cafe, The Monkey & the Elephant, is set to open on Girard between 28th and 29th.

Butter's, a soul food joint that's had just one table for almost a decade, is moving to a new location down the block.

"It's exciting," said Kevin Bell, owner and head chef of Butter's. "We went from people standing here, getting the food, and taking it home to now they're sitting there eating it, and there's a deck out back."

MM Partners is building 16 apartments and two commercial units at Taney Street and Girard, and has an 80-unit development with ground-floor retail. Girard 27, planned to break ground in the spring on a long-vacant lot.

Developers, including Westrum Development and McSpain Properties, are planning apartments at the former ACME Warehouse, the former Red Bell Brewing Company and the former Pyramid Electric Company buildings. All told, some 400 new homes are planned.

"Neighborhoods need people, that's the most important thing," said Mario Presta, president of the West Girard Business Association, and a Brewerytown resident since 1983. "Brewerytown has lots of blight, abandoned houses and abandoned properties."

Redevelopment doesn't guarantee success for everyone. Shifty's Tacos and High Point Cafe closed in recent months, and Bottom Dollar, the neighborhood's lone grocery store, will close Jan. 15 after the company was bought by supermarket chain ALDI.

Attitudes toward the changing neighborhood are mixed a few blocks north of Girard Avenue.

"We see it, but until we see them take the youth off the corner and provide jobs for them, it's meaningless to us," said James Brown, a resident of nearby West Oxford Street where the only businesses are bodegas and many houses are boarded up.

"Better that somebody come in and make a change and make a difference than everything just staying the same," counters McCray. "The neighborhood is gonna rise."

Quoted

"The neighborhood wasn't quite developed enough to be able to sustain our operating expenses."
High Point Cafe owner Meg Hagele

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Shane found

Montgomery autopsy results expected Monday

Shane Montgomery's cause of death will be announced Monday, according to the Medical Examiner's office.

The search for the 21-year-old West Chester senior ended Saturday when the Roxborough resident's body was pulled from the Schuylkill River just after noon.

Montgomery's viewing will be held on Thursday from 5 p.m. to 9 p.m. and again on Friday from 9 a.m. to 10 a.m. before the funeral mass. All will take place at St. John the Baptist Church, at 146 Rector Street.

Montgomery's parents identified the body the Garden State Underwater Recovery Unit pulled from the river behind the Manayunk Brew Pub on Main Street as their son. He was found a half mile from where he first went missing on Thanksgiving morning.

In a statement, police said: "Our most sincere and heartfelt condolences goes out to the family," according to Officer Tanya Little, a police spokeswoman.

"Today we have done what we promised. We found and brought Shane home," the Montgomery family said in a statement. "We want to thank everyone for their support, prayers and love." TOMMY ROWAN

Shane Montgomery
FILE PHOTO

Quoted

"We want to thank everyone for their support, prayers and love."
Family statement

MARTIN LAW

Working for people who can't.

"But we would prefer people didn't get injured in the first place."

WORKERS' COMPENSATION ATTORNEYS * **IS YOUR ATTORNEY CERTIFIED?**

SOCIAL SECURITY DISABILITY & LONG-TERM DISABILITY ATTORNEYS

VETERANS' BENEFITS

* Martin law has 6 attorneys certified as specialists in the practice of workers' compensation law by the PA Bar Association's section on workers' compensation law as authorized by the PA Supreme Court.

Get your FREE Handbook TODAY!

SCAN HERE
to request your free handbook

TAMBIÉN DISPONIBLE EN ESPAÑOL

SEPTEMBER SAFETY TIPS:

The back-to-school season is a time that can be stressful for both parents and students. Aside from the obvious, back to school comes with new traffic patterns and added hazards to the roadways.

Here are some tips to remember:

- Exercise extra caution as sun glare can be a factor during these times
- Come to a complete stop at a safe distance from a bus when the red lights are flashing and the stop sign arm is extended - this indicates the bus is stopped and children are getting off the bus
- Never pass a stopped school bus - it is illegal in all 50 states

215-587-8400

PAWORKINJURY.com

1818 Market Street, Philadelphia, PA

Ask SEPTA

JOE CASEY

SEPTA GENERAL MANAGER

Send your questions about SEPTA services and other issues about the transit agency to christina.paciolla@metro.us. They will be forwarded to Joe Casey who will answer them in a special monthly column here.

OLD PARKING KIOSKS ARE ON THE WAY OUT

Can you please ask Joe Casey why two of the parking kiosk machines have been broken for weeks and while many have complained to Septa they are still not fixed? The Ambler station attendant said they passed the requests internally to SEPTA many times and they do not also understand why these machines have not been fixed. This creates a line at the kiosk machines in the morning with people waiting in the bad weather due to the other machines are broken. I would also like to know from Joe Casey that after the machines are fixed, what steps is he going to take so this does not happen again as the people servicing the machines also knew about this problem for weeks. JOE R
The Ambler Station

machines, as well as other pay stations at our Regional Rail parking lots, are at the end of their useful life. Because the parts are no longer available in U.S., it can be difficult to repair them quickly, though they are now working. When SEPTA Key is launched for Regional Rail in 2016, these old pay stations will be replaced with reliable new machines compatible with the new fare payment system. In the interim, we are doing our best to keep the machines operating. If you attempt to pay for parking at a broken machine and receive a parking ticket, please let us know immediately that the machine was not working. We will then compare the information on your ticket with our records and, if appropriate, dismiss the ticket. We appreciate your patience.

Quoted

"If you attempt to pay for parking at a broken machine and receive a ticket, let us know immediately the machine wasn't working." Casey

Greetings! I was wondering when the escalator to the street at the Olney Transportation Center will be fixed. It has been shut down completely since the summer months. I need something like that as my feet/legs are no longer working as I would like. Is it a lack of money issue or indifference? JR
SEPTA maintains an escalator availability of above 98 percent and units that do go out of service are typically repaired in short order. Unfortunately, special circumstances were detected with this unit at Olney during a routine inspection. The main drive sprocket exhibited signs of deterioration that needed to be addressed due to safety concerns. This part was not a stock item and had to be specially manufactured. While waiting for this part, our crews went through the entire unit and performed a "tune-up" intended to prolong the life of the escalator. This unit was returned to service in December.

Northwest Philly

Northwest Raiders to march in parade

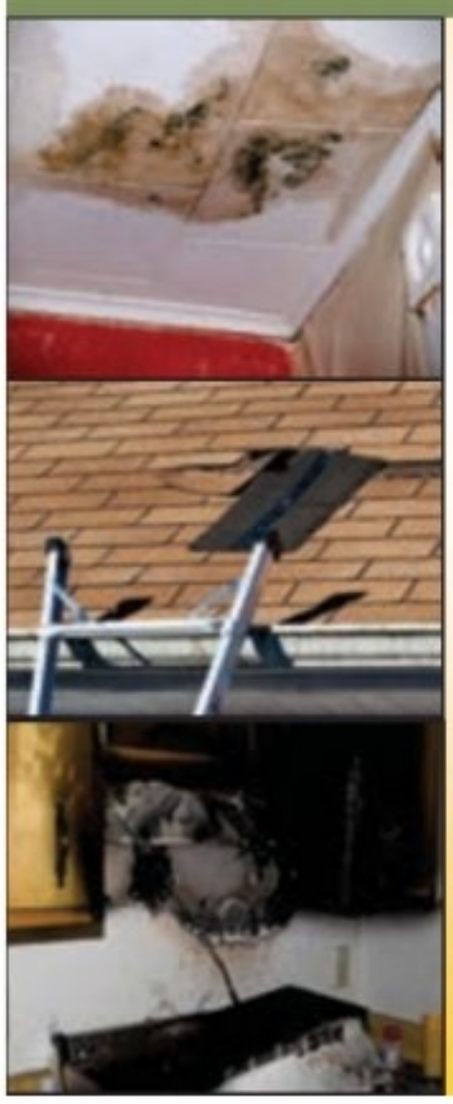
The Northwest Raiders will celebrate their National Pee Wee championship with a parade on Saturday.

The team from West Oak Lane won the Pop Warner National Super Bowl Championship for the "Midget" division in Orlando, Florida on December 13.

The parade, which was originally planned for Jan. 4 was rescheduled to this Sunday, Jan. 10, due to weather concerns.

The parade will wind through Northwest Philadelphia, starting at Wayne and Chelten Avenues, head eastbound to 1100 E. Chelten Avenue, and end at the Lonnie Young Recreation Center.

A pep rally will follow. TOMMY ROWAN

DAMAGE TO YOUR HOUSE?
Water Damage • Pipe Leaks • Roof Leaks
Wind Damage • Smoke/Fire Damage • Mold

You may be entitled to:
$$$MONEY$$$
Call today for a FREE home inspection!
215-886-7440
TSO ADJUSTMENT SERVICE
PUBLIC INSURANCE ADJUSTERS
BBB

DANI'S AUTO SALES

Dani's of Harbison
(215) 333-5520
6450 Harbison Ave
Philadelphia, PA 19149

We help you BUILD YOUR CREDIT!

Dani's of Torresdale
(215) 335-3333
6250 Torresdale Ave
Philadelphia, PA 19135

GUARANTEED APPROVAL! Visit us online @ www.DANISAUTOSALES.com

2010 Buick Enclave CXL

2014 Dodge Charger Sport

2008 Infiniti G37 Sport

2011 Jeep Compass Sport

2008 Chevy Tahoe LS AWD

2013 Buick LaCrosse Premium

$500 Down

2011 Nissan Armada SV AWD

2006 Lexus RX 330

2009 Cadillac Escalade Platinum

2013 Nissan Maxima

2013 Kia Optima LX

2010 Cadillac STS Performance

$500 Down

2014 Volkswagen Beetle Turbo

2013 Dodge Grand Caravan SXT

2011 Buick Lucerne CXL

2012 BMW 550i

2014 Kia Sorento LX AWD

2011 Honda Odyssey EX-L

EVERYONE IS APPROVED!

AS LOW AS $500! DOWN PAYMENTS

2012 Honda Accord Coupe LX

2013 Buick Verano

2013 Dodge Avenger SXT

2008 Ford Mustang GT

2013 Chevy Equinox

2014 Toyota Camry XLE

$500 Down

2014 Ford Fusion Titanium

2011 BMW 328i AWD

2013 Chevy Malibu LTZ

2012 Buick LaCrosse Premium

2011 Ford Taurus Limited

2014 Nissan Altima 2.5 SL

★ VALUE CAR ★

2011 Nissan Sentra

★ VALUE CAR ★

2012 Volkswagen Jetta SE

★ VALUE CAR ★

2003 Ford F-150

★ VALUE CAR ★

2010 Ford Escape

★ VALUE CAR ★

2010 Chevy Impala

★ VALUE CAR ★

2012 Mazda 3 Sport

DISCOUNTS FOR MILITARY PERSONNEL, CREDIT UNION MEMBERS, CITY, HOSPITAL & SEPTA EMPLOYEES

Monthly payments reflect 2.49% financing for 66 months with $500 down. Tax and tags extra.

WHY WEIGHT?
Transformation Centers
Now in Philadelphia!
Lose 20 to 40 pounds in 40 Days!
• No Drugs or Shots
• Eat Real Food Every Day
• No Exercise Necessary
• Coaching Support Daily
• Money Back Guarantee!
In 40 days
Caron Ouziel lost 33 lbs!
Mark Infield lost 30 lbs!
Mark Stein lost 35 lbs!
Moshe Kinderlehrer lost 39 lbs!
Call today and you can be thinner, happier & healthier in the New Year. Why wait?
844-WHY-WEIGHT
www.whyweightonline.com

West Philadelphia

Passenger Executes Chauffeur

A 24-year-old limousine driver was shot and killed by a passenger Saturday in West Philadelphia, police said.

The man was found with a gunshot wound to the head inside a silver 2007 Chrysler 300, which was parked on the 5400 block of Delancey Street, according to police.

The man's identity has not yet been released. METRO

By the numbers

$20K

As with all homicides, a $20,000 reward is available for anyone with information that leads to an arrest and conviction of the party responsible. To submit a tip dial 215.686. TIPS (8477) or text a tip to PPD TIP or 773847.

2015. Philly's crime rate drops, but new year starts off bloody

PPD Commissioner Charles Ramsey announces the 2014 statistics.
SAM NEWHOUSE

The Philadelphia Police Department's statistics for 2014 show violent crime at its lowest since 1984, with the murder count at 248, just one body higher than 2013's historic low.

But 2015 has already been off to a bloody start with four murders reported so far, one per day from Jan. 1 to Jan. 4.

Murder, rape and assault, robbery and theft dropped 2.4 percent from 2013 to their lowest level since 1971. Overall, violent crime fell seven percent, as did the number of shooting victims to 1,047 in 2014 from 1,128 in 2013.

The number of people fatally shot by police also fell, to four in 2014, from 11 in 2013.

Philadelphia Police Commissioner Charles Ramsey credited the decrease to tactics, including collaborating with community leaders and assigning additional resources to any area where crime reports are on the increase.

The only categories to increase over the year were thefts – with a 0.6 percent increase – and murder, with a 0.4 percent increase.

"We always try to push it down," Ramsey said of the murder rate, adding that he believes Philadelphia could eventually push the number below 200.

The murder number could have been 244, because federal crime reporting rules do not consider as murder the deaths of a mother and her three children at Germantown and Allegheny avenues this summer, when carjackers lost control of a vehicle, a law enforcement source who asked not to be identified told Metro. But police chose to include those deaths due to "the sensitive nature of the case," the source said.

SAM NEWHOUSE

Philly Auto
4530 Torresdale Ave, Philadelphia, PA 19124
215.953.7400
HOLIDAY SEASON SAVINGS!
$900 OFF WITH AD!
"Walk in and drive out. EVERYONE'S APPROVED!"
• Discounts for Hospital, City, and SEPTA employees
• Start your credit HERE!
• $0 Down/Payments as low as $65 per week!**
• Warranties included on all vehicles
Over 150 cars in stock!
Visit us at www.PhillyAuto.com for our full inventory!
2004 Lincoln Navigator AWD Navi $5900, $129/Month
2005 Jeep Grand Cherokee Laredo AWD $6900, $149/Month
2009 Saturn Vue XE $6900, $149/Month
2007 Chrysler Pacifica Touring 69k Miles $7900, $169/Month
2008 Nissan Altima 2.5 SL 80k Miles $8900, $189/Month
2004 BMW 530i 89k Miles $8900, $189/Month
2006 Mercedes C230 79k Miles $8900, $189/Month
2012 Dodge Avenger SXT 69k Miles $8900, $189/Month
2005 BMW X5 3.0i AWD $8900, $189/Month
2009 Dodge Charger SXT $8900, $189/Month
2012 Chevy Impala LS 72k Miles $9900, $209/Month
2007 Saturn Outlook XR AWD $9900, $209/Month
2006 BMW 750li Navi $11,900, $249/Month
2008 Cadillac STS Luxury 79k Miles $11,900, $249/Month
2006 Dodge Magnum SRT8 88k Miles $11,900, $249/Month
2006 Mercedes ML350 $12,900, $269/Month
2006 Audi A8 Quattro AWD $12,900, $269/Month
2011 Ford Taurus SEL AWD 80k Miles $12,900, $269/Month
*Advertised prices reflect $2000 down payment. Terms, rates & payments vary based upon credit approvals. All prices are subject to change. Philly Auto is not responsible for misprints and/or typographical errors. Customer is liable for tax, tags and bank fees.

Aramingo
CARPET & FLOORING

FREE
SHOP AT HOME SERVICE
MENTION AD FOR **ADDITIONAL DISCOUNTS**
COME IN VISIT OUR WAREHOUSE
WALL TO WALL CARPET

2015 NEW YEAR'S SALES EVENT!

LAYAWAY AVAILABLE

We are making room for new inventory arriving daily!

From A Room To A Whole House Over 300 Remnants & Rolls To Choose From!
We Install What We Sell!
Next Day Installation Available On In Stock Merchandise.

Shop Us First, Shop Us Last
We Will Beat Any Price!

4591 Aramingo Ave., Philadelphia, PA 19124
215-537-9666

Open: Mon., Wed., Fri., 9-8 PM.
Tues., Thurs., Sat., 9-5 PM
Sundays: By Appointment only

Debit Cards Accepted

0% INTEREST FREE FINANCING AVAILABLE

Directions: Take 1-95 S. to Betsy Ross - Aramingo Ave. Exit, Turn left on Aramingo Ave., (end of ramp) We are about 2 blocks away on the right

Diversity push

Pope Francis names 15 new cardinals

Pope Francis named 15 new cardinals Sunday, including men from Tonga and Myanmar, as the South American-born pontiff seeks to demonstrate the global diversity of the Roman Catholic church.

Francis will formally install the bishops and archbishops as cardinals on Feb. 14, according to a statement on the Vatican's news website. They come from 14 countries "from every continent," Francis said, and "manifest the indissoluble links between the Church of Rome and the particular Churches present in the world." Those elevated also include men from countries such as New Zealand, Thailand, Uruguay and Ethiopia.

BLOOMBERG

Sony hack

US slaps more sanctions on North Korea

North Korea was hit with more sanctions on Friday designed to impede access to the U.S. financial system in the wake of a cyberattack on Sony Pictures Entertainment, which the Obama Administration has said was supported by the reclusive country.

The U.S. named three entities, including North Korea's military intelligence agency, and sanctioned 10 people with links to weapons sales and proliferation.

Financial sanctions have been effective in bringing pressure on Iran and Russia, but they have had limited impact on North Korea, which has been sanctioned by the United States for more than 50 years. REUTERS

Sea of Blue salutes slain NYPD officer

Police. Despite Bratton's warning, some officers turn back to mayor during eulogy.

Police officers from across the country attend Liu's funeral service. To the right, Bratton speaks with officers attending the funeral. / TOP: GETTY IMAGES; BELOW AND BOTTOM: BESS ADLER

The second officer who was gunned down in Bed-Stuy 15 days ago has been laid to rest. The streets outside Aievoli Funeral home in Bensonhurst were filled with thousands of mourners from New York City and beyond Sunday morning, who came to pay their respect to Det. Wenjian Liu.

Uniformed officers in dress blues from the NYPD and other local and national agencies stretched down 65th Street from 13th Avenue to 18th Avenue — enough to make a passing officer gasp and point at the sight — and down local side streets.

Signs on businesses closed for the services, and in windows in nearby houses, read "RIP" and "God Bless the NYPD."

Liu was remembered as a model officer who personified the American dream. "Officer Liu believed in the possibility of making a safer world — all cops do," Police Commissioner Bill Bratton said at the funeral. Both Liu and Rafael Ramos were "murdered for their color, slain because they were blue," Bratton said.

Bratton posthumously promoted both Liu and partner Ramos to the rank of detective at Ramos' funeral on Dec. 27.

Quoted

"He was fearless in and out of work."

Pei Xia Chen, Liu's wife

"Det. Liu lifted all of us up in the too-brief time we were fortunate enough to have him with us. And New York City stands a little taller today because he walked among us," Mayor Bill de Blasio said during his eulogy.

The mayor said Liu loved to go fishing and share the catch with his family, and would call his father after every shift to let him know he was safe at home.

Some police officers standing farther away from the funeral home turned their backs on de Blasio as he spoke, despite a request last week by Bratton that they refrain from doing so.

Liu's wife Pei Xia Chen remembered her husband of only three months as her hero, soulmate and best friend.

"He was fearless in and out of work," she said, and "objective in his determination of the law.

"I thank you my extended family, my family of blue," she added.

The service followed last week's funeral for Officer Ramos, during which hundreds of officers outside the Queens ceremony turned their backs during de Blasio's eulogy.

De Blasio's address focused on Liu's life, avoiding any mention of the weeks of demonstrations for police reform which police unions say encouraged the officers' killer to target them.

After the funeral service, Liu's casket was carried out as thousands of officers stood in salute. The police flag was folded and given to Liu's widow.

Robert Samuel, a local resident, said he walked over to 65th Street with his family to play his part in the tribute.

"It's just really sad," Samuel said.

WENDY JOAN BIDDLECOMBE and CHESTER JESUS SORIA
Wendy.Biddlecombe@metro.us

Dissent

Voicing his protest

John Mangin, who retired from the NYPD in 2002, stood near the funeral home with a sign reading "God Bless NYPD, dump de Blasio."

Mangin said he stood facing forward while Mayor Bill de Blasio spoke.

"These cops do a great job everyday, they probably do a hundred great things a week ... it's a very difficult job, it's a lot harder when the big man doesn't support you," Mangin said, referring to de Blasio.

Police Commissioner Bill Bratton on Friday asked cops not to turn Liu's funeral into a political event. Some cops did turn their backs.

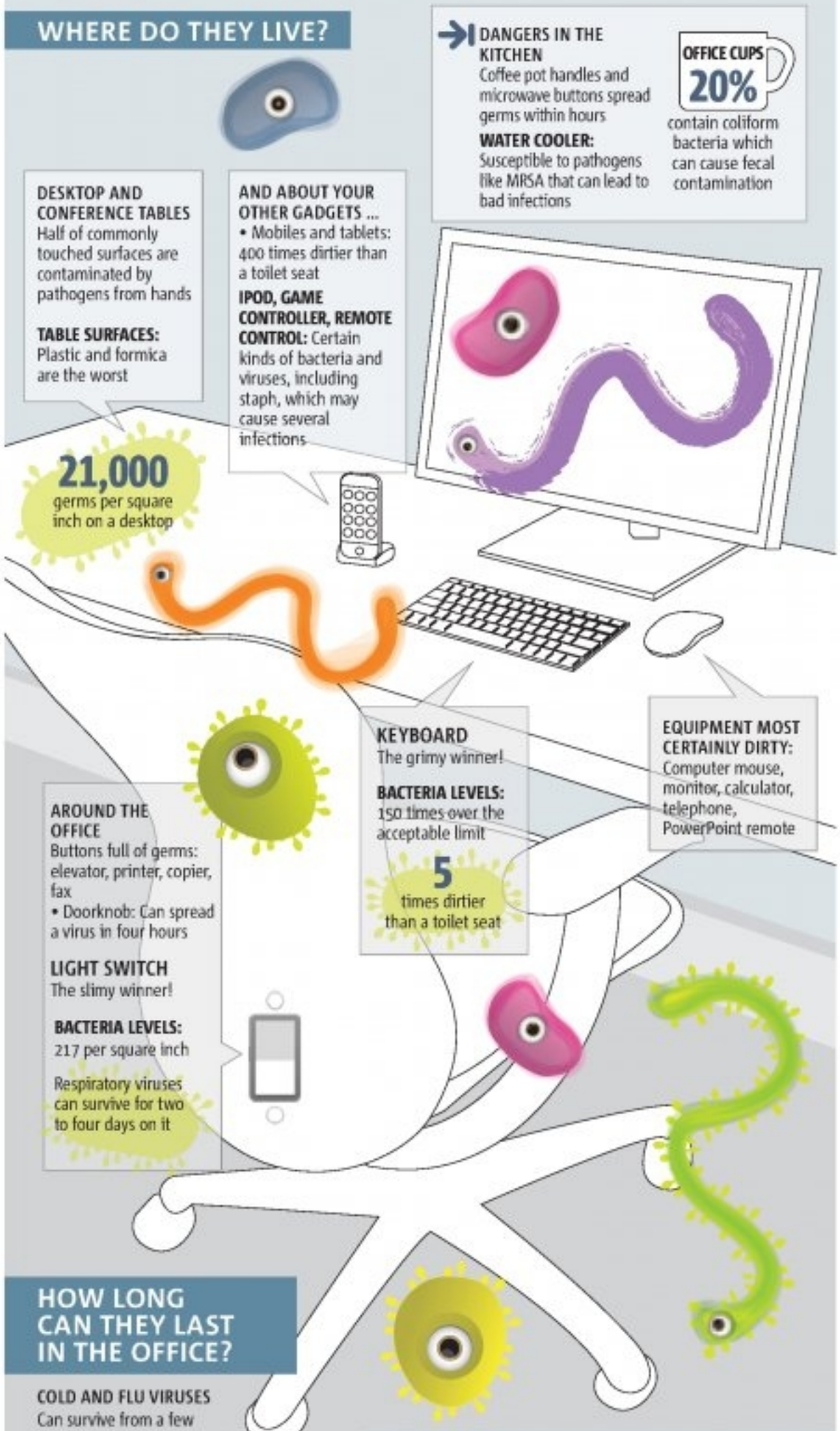
Quoted

"Detective Liu's dream was clear — and it was a noble one — to don the blue uniform, to pin on the badge, and to dedicate himself to protecting and serving the city he loved."

Mayor Bill de Blasio

Avoid the office cold and flu

The workplace festers with all sorts of nasty viruses, bacteria and germs. It can take as little as two hours for one stomach-flu sufferer to infect half an office, according to the American Society for Microbiology.


WHERE DO THEY LIVE?
DESKTOP AND CONFERENCE TABLES
Half of commonly touched surfaces are contaminated by pathogens from hands
TABLE SURFACES: Plastic and formica are the worst
AND ABOUT YOUR OTHER GADGETS ...
• Mobiles and tablets: 400 times dirtier than a toilet seat
IPOD, GAME CONTROLLER, REMOTE CONTROL: Certain kinds of bacteria and viruses, including staph, which may cause several infections
21,000
germs per square inch on a desktop
DANGERS IN THE KITCHEN
Coffee pot handles and microwave buttons spread germs within hours
WATER COOLER: Susceptible to pathogens like MRSA that can lead to bad infections
OFFICE CUPS
20%
contain coliform bacteria which can cause fecal contamination
KEYBOARD
The grimy winner!
BACTERIA LEVELS: 150 times over the acceptable limit
5
times dirtier than a toilet seat
EQUIPMENT MOST CERTAINLY DIRTY: Computer mouse, monitor, calculator, telephone, PowerPoint remote
AROUND THE OFFICE
Buttons full of germs: elevator, printer, copier, fax
• Doorknob: Can spread a virus in four hours
LIGHT SWITCH
The slimy winner!
BACTERIA LEVELS: 217 per square inch
Respiratory viruses can survive for two to four days on it
HOW LONG CAN THEY LAST IN THE OFFICE?
COLD AND FLU VIRUSES
Can survive from a few hours to three days on hard surfaces
NORO VIRUS (WHICH CAUSES ADULT DIARRHEA): Can survive up to four weeks on surfaces
DON'T TOUCH YOUR FACE!
The average adult touches his nose, mouth or eyes 16 times every hour, lending to the spread of germs from your hands to your face.
GERMPROOF RIGHT NOW!
HOW DO I CLEAN THE GADGETS AND TABLES?
Wipe your workplace and electronic items daily with:
• Disinfectant, dish soap diluted with water or alcohol with a soft cloth
• Microfiber electronic cleaning cloth
• Shake your keyboard
• Still have doubts? Check with your company about the right cleaning products for your gadgets.
80-90%
Disinfectants reduce the spread of viruses by 80 to 90 percent
BEST WAYS TO AVOID GERMS
• Don't just wash, but scrub your hands frequently, especially after using the bathroom
• If you can't wash your hands, use hand sanitizers with alcohol
• Try to avoid shaking hands with people who may have a cold (use a hand sanitizer afterward)
• Use your own mug and wash it daily
• Don't eat near your desktop; crumbs bring bacteria

SOURCES: CHARLES P. GERBA, PROFESSOR OF MICROBIOLOGY AT UNIVERSITY OF ARIZONA, HOWTOGEEK.COM, HEALTHLAND.TIME.COM

TEXT: WANISE MARTINEZ
GRAPHIC: NANCY MACEDO / MWN

Weight Loss Surgery
at Penn Medicine.

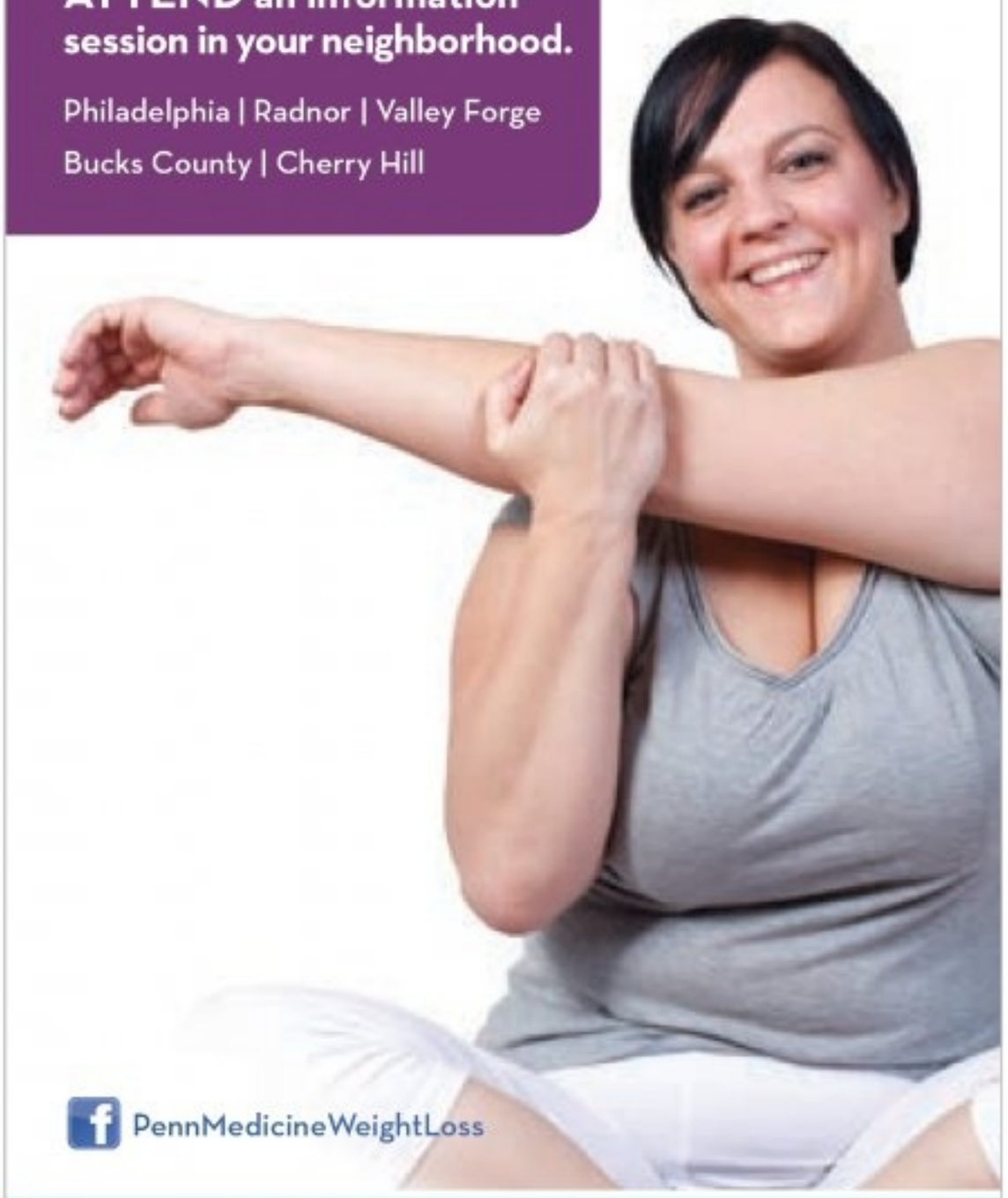
Lose the weight and gain yourself.

Penn Metabolic & Bariatric Surgery is a leader in the Philadelphia region, with over 20 years of experience in weight loss surgery. Our comprehensive program consists of a team of experts in their respective fields – medicine, nursing, nutrition, psychology and surgery. Each one helping you achieve your weight loss goals.

SIGN UP AND LEARN MORE:
PennMedicine.org/WeightLossSurgery

ATTEND an information session in your neighborhood.

Philadelphia | Radnor | Valley Forge
Bucks County | Cherry Hill



PennMedicineWeightLoss

Penn Medicine
800.789.PENN PennMedicine.org

Membership

UK's Cameron will move EU referendum forward if possible

Prime Minister David Cameron said on Sunday he would like to bring forward a planned referendum on Britain's membership of the European Union from 2017 if possible.

Under pressure from Eurosceptic members of his own party and the rise in popularity of the anti-EU U.K. Independence Party (UKIP), Cameron has pledged to renegotiate Britain's ties with the 28-nation bloc and try to claw back powers to London.

He has said he will hold a referendum in 2017 if his Conservatives win a national election on May 7.

"If I think we could do that earlier I would be delighted. The sooner I can deliver on this commitment of a renegotiation and a referendum ... the better," he told the BBC.

Cameron is set to discuss his reform plans, which include restricting EU migrants' access to welfare payments, with German Chancellor Angela Merkel in London on Wednesday. He has said they will require treaty changes, but Merkel has made clear she will not allow the EU's rules on workers' freedom of movement to be diluted.

REUTERS

DAVID CAMERON / GETTY IMAGES

A U.S. navy helicopter Seahawk from the USS Sampson flies near an Indonesian Air Force plane CN 295 during search of AirAsia Flight 8501 in Pangkalan Bun, Central Kalimantan province. / GETTY IMAGES

Bad weather frustrates search divers

Black box. Both flight recorders are located near the tail of the Airbus.

Bad weather forced divers trying to identify sunken wreckage from a crashed AirAsia passenger jet to abort their mission on Sunday and Indonesian officials said they had not yet picked up any signals from the lost plane's "black box."

Indonesia's meteorological agency has said seasonal tropical storms probably contributed to last Sunday's crash and the weather has persistently hampered efforts to recover bodies and find the cockpit voice and flight data recorders that may explain why the Airbus A320-200 plunged into the sea.

"Conditions did not allow diving operations," the head of Indonesia's search and rescue agency, Fransiskus Bambang Soelistyo, told a news conference in Jakarta. "Our priority is to dive in the location we suspect parts of the plane to be."

Flight QZ8501 crashed into the Java Sea about 40 minutes after taking off last Sunday from Indonesia's second-largest city, Surabaya, en route for Singapore.

Quoted

"Based on past experience, the black box is not far from the plane debris we have found." Soelistyo

There were no survivors.

The main focus of the search is about 90 nautical miles off the coast of Borneo island, where five large objects believed to be parts of the plane — the largest about 59 feet long — have been pinpointed by ships using sonar.

Soelistyo said that none of the searching ships had detected any "pings," the locator signals the black box should transmit after a crash.

Until investigators can examine the black box recorders the cause of the crash remains a mystery, but the area is known for intense seasonal storms. BMKG, Indonesia's meteorological agency, has said bad weather may have caused ice to form on the aircraft's engines.

"The flight document provided by the BMKG office shows fairly worrying weather conditions for the aircraft at cruising level on the chosen route," the agency said in a report.

REUTERS

EDEN VEHICLE MARKETING

Dr. Credit has the prescription.
Fix Your Credit Here!
• Bad Credit • Bankruptcy • Repossession
Apply online at www.edencars1.com
DRIVE TODAY!
YOU ARE APPROVED!

SPECIAL DISCOUNT FOR SEPTA, HOSPITAL, GOV'T & CITY EMPLOYEES

Sign and drive for $0 Down!

STOP THE SEARCH!

We will work with your budget!

2011 CHEVY IMPALA
CD, 6 Speakers, Dual Zone Climate Control, Alloy Wheels, Keyless Entry, Cruise Control, Interior Air Filtration
$0 Down
$5900, $129/Month

2010 CHEVY MALIBU
CD/MP3, XM Radio, OnStar, Alloy wheels, Cruise Control, Power Everything, All Season Tires, 6 Speakers
$0 Down
$7900, $161/Month

2012 DODGE AVENGER
CD/MP3, Phone Telematics, Steel Wheels, All Season Tires, Cruise Control, A/C, Interior Air Filtration, 12V Power Outlets
$0 Down
$9900, $193/Month

2005 TOYOTA SIENNA LE
CD, Roof Rack, Privacy Glass, 3rd Row Seats, Reclining Rear Seats, Captain's Chairs, Climate Control, Cruise Control
$0 Down
$9900, $193/Month

2009 HONDA ACCORD COUPE
CD/MP3, 270 Watt Stereo, Subwoofer, Bluetooth, Moonroof, Alloy Wheels, Fuel Efficient, Cruise Control
$0 Down
$9900, $193/Month

2005 PORSCHE CAYENNE S AWD SUV
AWD, Anti-Theft System, ABS-4 Wheel, Dual Air Bags, Heated Exterior Mirrors, Privacy Glass
$0 Down
$12,900, $242/Month

2013 CHEVY CRUZE 2LT
CD/MP3/USB, LCD Monitor, Satellite Radio, Bluetooth, OnStar, Climate Control, Heated Leather Seats, Steel Wheels
$0 Down
$12,900, $242/Month

2014 FORD FOCUS SE
CD/MP3/USB, Bluetooth, SYNC, Interior Air Filtration, Alloy Wheels, Keyless Entry, Fuel Efficient
8k Miles
$13,900, $258/Month

2010 TOYOTA RAV4 4X4
CD/MP3, AWD, Interior Air Filtration, Climate Control, Cruise Control, Reclining Rear Seats, Premium Cloth Seats
$0 Down
$14,900, $274/Month

2011 NISSAN MAXIMA
CD/MP3, Bluetooth, 8 Speakers, Power Moonroof, Alloy Wheels, Dual Climate Control, Cruise Control, Keyless Entry
$0 Down
$14,900, $274/Month

2009 BMW X3 XDRIVE30I
AWD, Leather, CD/MP3, Dual Subwoofer, Bluetooth, Climate Control, Sunroof, Roof Rack, Privacy Glass, Alloy Wheels
$0 Down
$14,900, $274/Month

2008 BUICK ENCLAVE
CD/MP3, Bluetooth, OnStar, Satellite Radio, Roof Rack, Privacy Glass, Heated Leather Seats, Alloy Wheels, Dual Zone Climate Control
$0 Down
$15,900, $291/Month

2010 INFINITI EX35 AWD
Leather, Rear View Camera, Climate Control, CD/MP3/USB, Satellite Radio, Alloy Wheels, Cruise Control
$0 Down
$16,900, $307/Month

2011 BUICK REGAL CXL
34k Miles, CD/MP3/USB, Satellite Radio, Bluetooth, OnStar, Heated Leather Seats, Alloy Wheels, Dual Climate Control, Cruise Control
Turbo
$16,900, $307/Month

2007 FORD F-150 LARIAT
AWD, CD/MP3, Bed Liner Cap, Climate Control, Privacy Glass, Cruise Control, Heated Leather Seats, Polished Alloy Wheels
$0 Down
$16,900, $307/Month

2007 BMW 750LI
CD/MP3, Dual Subwoofers, Navigation, Bluetooth, Dual Climate Control, Heated Leather Seats, Moonroof, Alloy Wheels
$0 Down
$16,900, $307/Month

2010 AUDI A5 2.0T QUATTRO
AWD, CD/MP3, Satellite Radio, 180 Watt Stereo, Subwoofer, Leather, Bluetooth, Alloy Wheels, Moonroof, Climate Control
$0 Down
$19,900, $356/Month

2013 BUICK LACROSSE
CD/MP3/USB, Satellite Radio, Bluetooth, Heated Leather Seats, OnStar, Alloy Wheels, Rear View Camera, Navigation, Dual Climate Control
$0 Down
$19,900, $356/Month

2007 GMC YUKON DENALI
CD/MP3, Navigation, Heated Leather Seats, AWD, Running Boards, Privacy Glass, Roof Rack, Dual Zone Climate Control, Moonroof
$0 Down
$23,900, $420/Month

2011 RAM LARAMIE CREW CAB
CD/MP3/USB, DVD, 500 Watt Premium Stereo, Satellite Radio, Heated Leather Seats, Dual Zone Climate Control, Navigation, Bluetooth, Alloy Wheels
Longhorn
$27,900, $485/Month

2010 AUDI Q7 3.6 PRESTIGE
CD/MP3, DVD, AWD, Navigation, Bose Premium Stereo, Bluetooth, Privacy Glass, Alloy Wheels, Sunroof, Roof Rack, 4 Zone Climate Control, Rear View Camera, Leather
$0 Down
$32,900, $566/Month

MONDAY - THURSDAY 9AM-9PM - FRIDAY 9AM-6PM Saturday 10am – 4pm

215-698-9996

6213 E Roosevelt Blvd, Phila., PA 19149
Between Bustleton & Devereaux on the Boulevard

www.edencars1.com

CLIP IT. BRING IT. CASH IN!
up to
$1,000
TO USE AS CASH:
TOWARD THE PURCHASE OF ANY VEHICLE
ADDITIONAL VALUE FOR YOUR TRADE - DOWN PAYMENT
Must be presented prior to negotiations. Cannot be used for service or parts. Cannot be combined with other offers.

Monthly payments based on 2.49% APR for 66 months for qualified buyers. Outright prices reflect $2000 down or trade equity. Tax and tags extra.

2 CULTURE

Twitter feed

Today, John Stamos isn't feeling too great, Thandie Newton is raising some smart kids and Jason Alexander might think he's still on "Seinfeld."

@JohnStamos: Taking night time meds is like getting hit in the head with a board — only you feel better in the morn if you get hit in the head with a board

@thandienewton: Mummy do u know what I love most about Chess? 'that the Queen is the most powerful piece" My 10 yr old :)

@IJasonAlexander: can you even contemplate the complete lack of imagination that went into naming the hole in the living room the "fire place"?

Gwyneth Paltrow wants you to know about her 'specialness'

In case anyone was wondering, Gwyneth Paltrow has some more details about her "conscious uncoupling" from husband Chris Martin last year, conveniently contained in a nice, neat Marie Claire feature interview. The biggest revelation? It turns out that we were all just expecting too much from Paltrow, who really just needed some "me" time. "I had built my life on trying to be all things to all people, and I just couldn't do it anymore. I really had the sense that I wasn't allowed to have needs, and I had to prove my specialness or self-worth by doing all this stuff and taking care of everybody else. And I just sort of hit a wall," Paltrow tells the magazine. I'd rather not kick off the year psychoanalyzing a mondo-size case of self-martyrdom, so instead I'll just say glad you're feeling better, Ms. Paltrow. You do you.

Kaley Cuoco-Sweeting vs. Leighton Meester in 2015's first feminism-off!

We're apparently kicking off the New Year with a continuing debate on what a feminist is and who wants to be one. First up is Kaley Cuoco-Sweeting, who responds to a Redbook query about whether or not she considers herself a feminist with, "Is it bad if I say no?" She goes on to explain: "I was never that feminist girl demanding equality, but maybe that's because I've never really faced inequality." But! New challenger approaching! Leighton Meester was posed the very same question and instead replied, "It's something that I think all people should say about themselves." Cuoco-Sweeting, are you just going to sit there and take that?

ALL PHOTOS GETTY IMAGES

Bono may continue to not play guitar after accident

In a 2014 year-in-review post on his band's blog, Bono let slip that following his nasty bicycle accident in Central Park his guitar-strumming days may be over. "Recovery has been more difficult than I thought," he explains. "As I write this, it is not clear that I will ever play guitar again."

Call me a terrible person, but all this talk of Bono not playing guitar just makes me think of U2's 1987 video for "With or Without You," in which Bono holds a guitar behind his back the whole time which he never, ever plays. But hey, at least he has plenty of practice at not playing guitar.

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar
@metro.us

Joseph Gordon-Levitt got married and didn't tell you

Not only has Joseph Gordon-Levitt had a girlfriend for quite some time, but they even went and got married when nobody was looking. He and Tasha McCauley were wed in a private ceremony at their L.A. home before Christmas. Oh, and his now-wife is actually a lot cooler than he is. McCauley is a futurist and the CEO and co-founder of a robotics company.

BILL'S
DISCOUNT CARPET & FLOORING

Your Mobile Carpet Showroom
Locally Owned and Operated
Serving PA, NJ and DE for
Over 23 Years

CALL ANYTIME
1.856.264.1079

Shop Us First, Shop Us Last, It Doesn't Matter
We Will Beat Anybody's Estimate
We Also Install & Refinish Hardwood Floors!

3 ROOMS $498* Plush or Sculptured Carpet | 8lb. pad, installation

3 ROOMS $598* Super Plush Carpet | 8lb. pad, installation

3 ROOMS $698* Heavyweight Plush Carpet | 8lb. pad, installation

– Free Shop at Home Save Up To 1/2 OFF Retail Store Pricing.
– Sale on Wood, Laminate and Vinyl Flooring.
– Next Day Installation Available - Free Estimates.

3 ROOMS OF CARPET $398*
*Up to 40 Sq. Yds
10% Senior Citizens Discount
PA10882

FREE SHOP AT HOME!

The Benedict Cumberbatch-voiced Smaug returns, briefly, in "The Hobbit: The Battle of the Five Armies." / WARNER BROS. PICTURES

Box office. The third 'Hobbit' is still burning up the competition

Moviegoers were gifted with a pile of new movies for the holidays, but many still chose to return to Middle-earth. Over the first weekend of the new year, "The Hobbit: The Battle of the Five Armies" amassed a further $21.9 million, bringing its bounty up to $220.8 million.

Anyone complaining that this trilogy grossly overextended a slim children's novel into three movies — and that should be roughly all of you — can then realize that, in terms of worldwide grosses, the films will have collectively made around $3 billion. That might be more dough than what Smaug had in his money bin cave.

It was definitely unlikely that a Stephen Sondheim musical would ever be a true threat to a film about a hairy-footed small person. And yet "Into the Woods" — featuring the singing of Meryl Streep, Emily Blunt and Chris Pine — came close, scoring $19.1 million. That brings its total to $91.2 million, almost double the North American tally of the last Sondheim movie adaptation, "Sweeney Todd" in 2007.

Angelina Jolie's grueling war picture "Unbroken" continued to do semi-surprisingly well, ranking third with $18.4 million for an $87.8 total. That was one slot better than the weekend's only new wide release: "The Woman in Black 2," which still raked up $15.1 million, despite featuring no one as well-known as the first film's star, Daniel Radcliffe.

Meanwhile, "The Interview" — the film that some have speculated might be a game-changer in terms of VOD — expanded to 250 theaters but actually saw its grosses drop 39 percent. The $40 million film has now made, in two weeks, $4.9 million, which should weaken theories that the controversy was a dastardly marketing ploy.

MATT PRIGGE

Top 5 earners

1. 'The Hobbit: The Battle of the Five Armies' — $21.9 million
2. 'Into the Woods' — $19.1 million
3. 'Unbroken' — $18.4 million
4. 'The Woman in Black 2: Angel of Death' — $15.7 million
5. 'Night at the Museum: Secret of the Tomb' — $14.5 million

Severe Injury/Cerebral Palsy
Cancer/Medical Malpractice

- Brain Injury
- Paralysis
- ER Mistakes
- Doctor Mistakes
- Obstetrical Mistakes
- Wrongful Death

Speak with a Harvard and Yale trained Doctor-Lawyer

As co-counsel achieved over $60 million in settlements and verdicts since January 1, 2012

Life member of the organization: Multi-Million Dollar Advocates Forum

Former Assistant Professor at Harvard Medical School

4x named one of PA Rising Stars (Top Young Lawyers) and 2014 Super Lawyers by publisher of Philadelphia Magazine

Law Offices of Tai Y. Wong
PA & NJ 215-592-9750
Free initial consultation. No Recovery-No Fees.
1101 Market Street, Aramark Tower, Suite 2820, Philadelphia, PA 19107

THE CLAY STUDIO
Classes & Workshops for Adults & Kids
137-139 N 2nd Street | theclaystudio.org
215.925.3453

Big Philly Beerfest!
Presented By
BLUE MOON BREWING COMPANY

- January 9 & 10 @ The Pennsylvania Convention Center - Downtown
- Biggest Beerfest Ever In Philly! • 250,000 sq ft. of Craft Beer Awesomeness!
- 2 Big Nights! • 100+ Breweries
- Unlimited sampling of 300+ Craft Beers
- 12 Local restaurants selling their creations • & 1 Great Time!
- Tickets & Info at www.BigPhillyBeerfest.com

The breakthrough: Phoebe Fox

Greetings. An English actress heads up a genre she didn't initially like in "The Woman in Black 2: Angel of Death."

Phoebe Fox plays a school mistress fending off a ghost in "The Woman in Black 2: Angel of Death." / NICK WALL

There's a long tradition of English stage actors finding themselves in understated British horror films. The latest is Phoebe Fox. After a handful of television appearances, she graduates to lead duties in "The Woman in Black 2: Angel of Death," in which she plays a school mistress trying to save a group of displaced children from an evil ghost.

Were you a horror movie fan prior to signing up with this?
I wish I could say I was. I scare incredibly easily. I had only ever seen horror films by mistake. I remember being on a school trip where the communal DVD was "The Ring," which left me permanently scarred. Since working on "The Woman in Black" I sort of got into them. I now quite enjoy the thrill of watching a horror movie. I actually went to the cinema and paid to see a horror film the other day, which would never have happened earlier.

Was the fact that this is a more suggestive horror film something that made the job easier to take?
Absolutely. I don't think I would have been that keen to do a gore film. What I loved about this is although it's about a woman battling a ghost, it's also about a woman battling her own demons. In the case of my character, she's traumatized by this baby she's given up. She's battling her own guilt. You have this emotional drive and heart you can connect to outside of the jumps and the scares.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Another view

Kids these days

You're also spending most of your scenes acting with children.
They were lovely, but they realized I was a bit of an easy target. Every time something went wrong on set ... they'd all chime in unison, "Oh, Phoebe!" I was a little bit bullied by the children, I guess. But they were great actors, actually. I hate to sound surprised.

Weatherize for Winter with
Government Insured Loans
No Equity, No Appraisal, No Down Payment
100% Financing
starting as low as
Homeowners may qualify immediately for up to: $25,000
For every job purchased in January you will receive a *$500 REBATE that you could use to pay off those Holiday Bills.
*Prior sales excluded and must be agreed upon in writing with the salesperson at the point of sale.
$99 per month
with no money down.
The US Department of Housing & Urban Development (HUD) under Title One of the National Housing Act, has made it possible for families to improve their homes where financial considerations might have otherwise made it impossible.
No Equity or Appraisal Required. National Home Improvement Lenders and Private Investors have made it possible for families to make major improvements to their homes..... without whose help it might not have been possible.
For those 62 and older, our lending partners make FHA Insured REVERSE MORTGAGES that allow consumers to have us perform work on their home WITH NO MONTHLY PAYMENTS!
Approved Remodeling Projects:
• Vinyl Siding • Heating • Concrete • Decks • Insulation • Roofing • Kitchens
• Doors • Bathrooms • Windows • Basements • Electrical • Plumbing
• Porches • Mold Remediation • Other projects can be approved
Call Now To See If You Qualify For This Program
HUD/FHA Insured Loans
888-990-8886
www.tristatecreations.com
PA 002286, NJ 13VH04726900, Philadelphia 39104
Important Notice: Loans are originated through a third-party insurance company. HUD/FHA does not originate loans; they only insure them and does not favor any lender. HUD/FHA does not allow consolidation of your bills. Tri-State Creations, LLC is not connected to, or endorsed by the FHA or HUD in any way.

Become a Practical Nurse, Dental Assistant or Medical Biller/Coder

PITC Institute
Call at 215-392-6328
Apply at www.pitc.edu
140 South Easton Road, Glenside, PA 19038
PITC INSTITUTE
Classes Enrolling Now
Financial Aid and Military benefits available for those who qualify.
Consumer Information please go to www.pitc.edu

TV watch list

REALITY

'The Bachelor'

True love awaits for Iowa farmer Chris Soules in the latest season of this romance factory. In the premiere episode, he'll start out with 30 lady options, but send eight of them packing. **SEASON PREMIERE, 8 P.M., ABC**

"The Bachelor" tries out a four person date, just like the last one you went on! / ABC, RICK ROWELL

DRAMA

'Gotham'

Detective Gordon has his hands full at his new assignment at Arkham Asylum once a guard is murdered there. Gotham should really consider some new policies for that place. **8 P.M., FOX**

TALK SHOW

'Late Show with David Letterman'

Kathy Griffin stops by to talk about her "Fashion Police" gig, and David Oyelowo, star of "Selma," also appears, to remind us we should really see "Selma." **11:35 P.M., CBS**

COMEDY

'Two Broke Girls'

The girls worry the factory making their T-shirts is unsafe. Maybe they'll unionize the workers and rename the show "Two Union Organizer Girls." **8 P.M., CBS LISA WEIDENFELD**

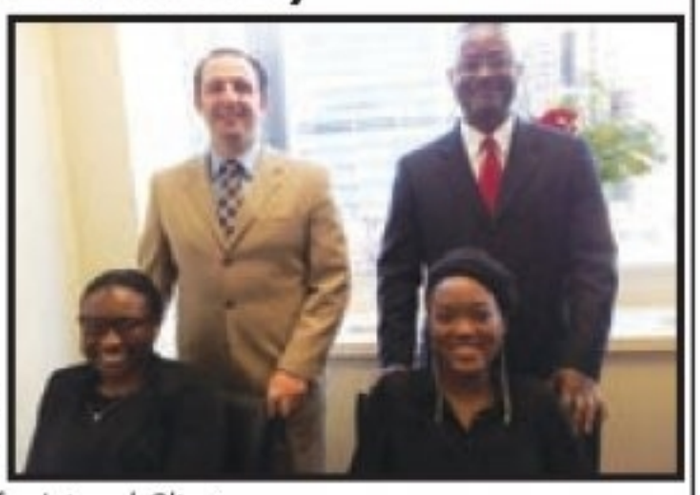
CANCER
MEDICAL MALPRACTICE
HOSPITAL/PHYSICIAN/NURSING INJURIES/DEATHS

Cancer Delayed Diagnosis/Negligence/Deaths

Brain/Birth/Cardiac/Eye/Hand/Leg/Neck/ Spinal Cord Injuries and All Medically Related Injuries and Deaths/Medication/ Personal Injuries/Deaths

Cases Are Reviewed with Expert Physicians including Ivy league trained expert physicians, and Evaluated by

Attorney Named Multiple Times as one of Pennsylvania's best medical malpractice/personal injury attorneys by Phila. Magazine with selections as a Pennsylvania Super Lawyer, who is also an adjunct. Prof of Law, a well-published legal commentator, serves on the Board of Pennsylvania's and Philly's largest trial lawyers organizations, is a life-time member of the Million Dollar Advocates Forum, and a former member of the board of Pennsylvania's largest attorney organization.



Millions of Dollars Recovered for Injured Clients

Emmanuel Law Firm, LLC

Two Penn Center, 1500 JFK Blvd.

No Recovery-No fee/Free Consultations. Home/Hospital Visits

215-567-0493

Please visit our website at

www.emmanuellawfirm.com

DON'T LET THE BEDBUGS
BITE TONIGHT

Professional Pest Control Service

Fully Licensed & Insured • Trained Experts

Bedbugs are on the rise.

Call and ask about our prevention service

NEW YEAR'S SPECIAL!

10% OFF SERVICE!

Offer expires 1/31/15

BEST EXTERMINATING

Professional Termite and Pest Control

SATISFACTION GUARANTEED.

Call the Best for Your Pest!

215-224-6054

MasterCard VISA

Train to become a

Pharmacy Technician

in a matter of months!

Call Now!

877.874.5783

KAPLAN CAREER INSTITUTE

Career Education

Train in

RESPIRATORY CARE

Call Now!

877.874.5783

KAPLAN CAREER INSTITUTE

MEDICAL CAREER TRAINING!

Train as a

MEDICAL ASSISTANT

Call Now! 877.874.5783

KAPLAN CAREER INSTITUTE

SEARCHING FOR A NEW CAREER?

Train for a new career as an

Electrical Technician!

Call Now!

877.874.5783

KAPLAN CAREER INSTITUTE

DON'T WAIT! CALL NOW!

Train for a career as an

HVAC/R Technician

Call Now!

877.874.5783

KAPLAN CAREER INSTITUTE

1991 Sproul Rd., Suite 42, Broomall, PA 19008 • 177 Franklin Mills Blvd., Philadelphia, PA 19154

3010 Market St., Philadelphia, PA 19104

For more information on our programs and their outcomes visit www.kaplancareerinstitute.com/consumer-info. Kaplan Career Institute does not guarantee employment or career advancement. Programs vary by campus.

PLUS

Jan. 5

Why are we so down?

1 It's the first day that many people return to work.

2 The weather is only going to get colder before it gets warmer.

3 Amid all the partying, you may have gained a few pounds.

4 Budgets are tight after all the holiday spending.

Instant ways to boost your mood

Stop feeling bummed. The first workday back can bring on the ultimate case of the Mondays.

The relatives have all gone home, the decorations are put away and the only thing left over from the holidays is, well, the leftovers. But that sigh you let out when the clock ticked over into 2015 was probably not one of relief.

Across the pond, the first Monday of the year is known as Blue Monday — U.K. scientists have actually analyzed social media and found that there is a dramatic increase in postings related to guilt, melancholy and sadness on this day.

We asked Dr. Harold Koenigsberg, professor of psychiatry at Mount Sinai Hospital in Manhattan and a member of the Hope for Depression Research Foundation, about how to keep our spirits bright through the long winter nights.

The signs

When it might be time to seek help:

- You feel down pretty much most of the day, every day, and it doesn't go away for a couple weeks or so
- Loss of appetite
- Trouble falling asleep or staying asleep
- Feeling a lot of guilt
- Feeling worthless

Don't get stuck in a mental rut. / PIXLAND

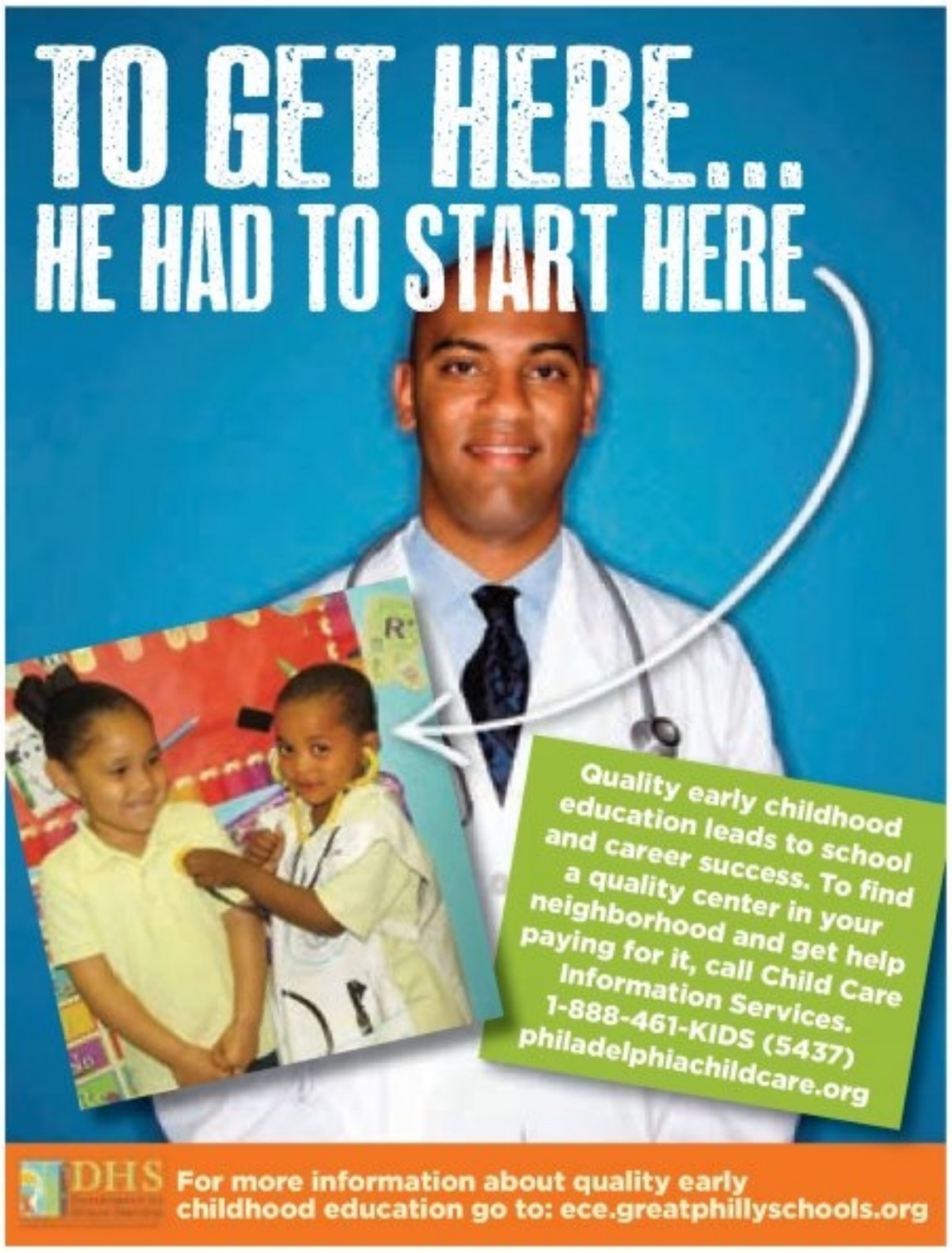
1 Reset your body clock. The role of light is not just about getting enough vitamin D; sunrise also resets your body clock. "When the sunrise comes later, the biological clock gets shifted in time," explains Koenigsberg. Instead of waiting for the sun to come up, start the day by sitting next to a bright light an hour before sunrise.

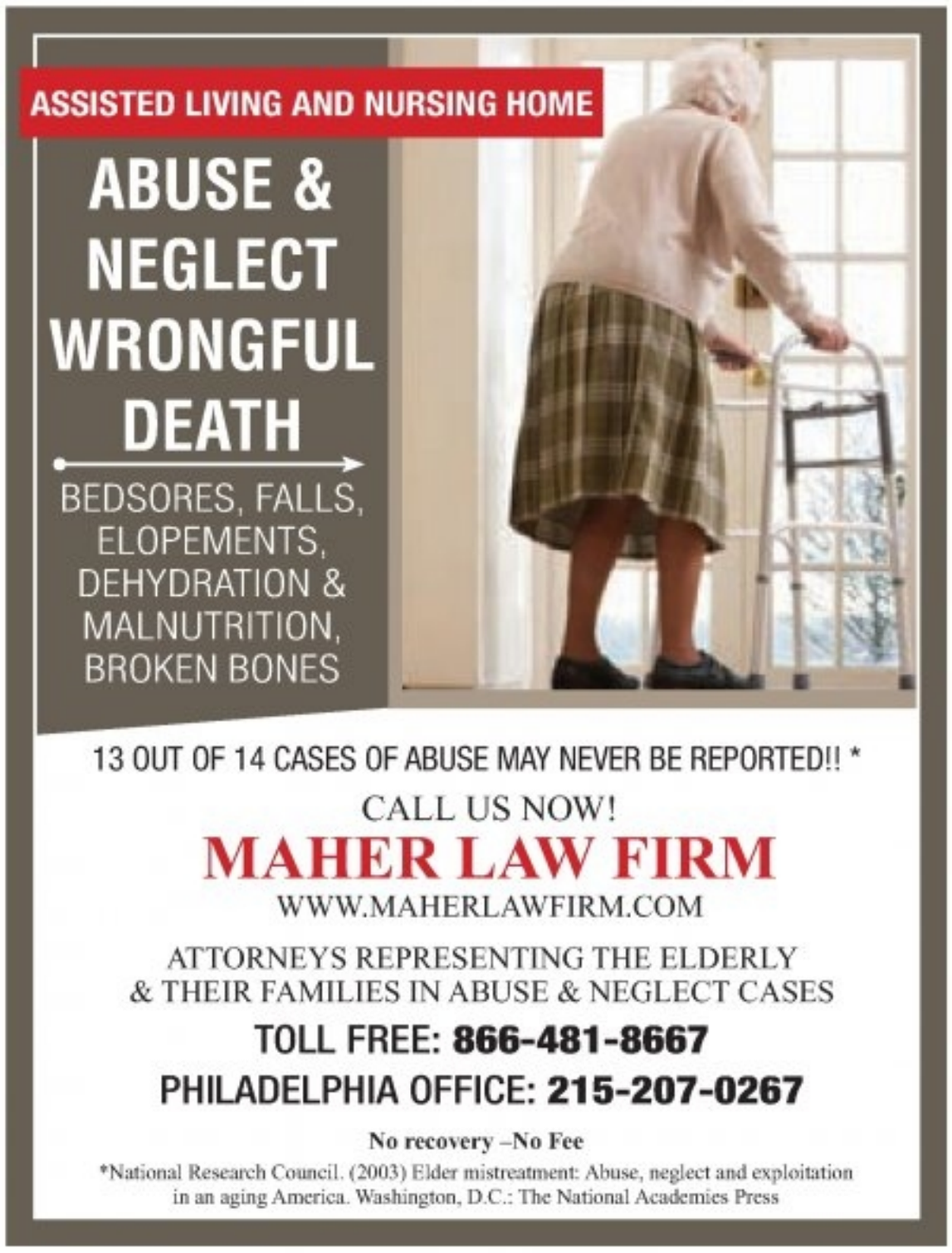
2 Get out of your "cave." Sometimes, the best way to gain perspective on your own life is to help others — the feeling of altruism and social interactions are both helpful to lifting your funk. But it doesn't have to be volunteering; rekindle your interests or find like minds through Meetup.com who share a new passion.

3 Forgive yourself. If you racked up debt over Christmas, don't ignore the bills piling up in your mailbox. Accept what's done and look for a solution.

4 Take mental breaks. Don't be ashamed of watching silly cat videos on YouTube. "When people get into a rut, it can help to have things that distract them from [negative] thoughts," Koenigsberg says. Or, even better, take a lap around the office — research has shown that five minutes of movement for every hour of sitting can counter its negative health effects.

EVA KIS
@thisiskis
eva.kis@metro.us


TO GET HERE...
HE HAD TO START HERE
Quality early childhood education leads to school and career success. To find a quality center in your neighborhood and get help paying for it, call Child Care Information Services.
1-888-461-KIDS (5437)
philadelphiachildcare.org
DHS
For more information about quality early childhood education go to: ece.greatphillyschools.org


ASSISTED LIVING AND NURSING HOME
ABUSE & NEGLECT WRONGFUL DEATH
BEDSORES, FALLS, ELOPEMENTS, DEHYDRATION & MALNUTRITION, BROKEN BONES
13 OUT OF 14 CASES OF ABUSE MAY NEVER BE REPORTED!! *
CALL US NOW!
MAHER LAW FIRM
WWW.MAHERLAWFIRM.COM
ATTORNEYS REPRESENTING THE ELDERLY & THEIR FAMILIES IN ABUSE & NEGLECT CASES
TOLL FREE: 866-481-8667
PHILADELPHIA OFFICE: 215-207-0267
No recovery –No Fee
*National Research Council. (2003) Elder mistreatment: Abuse, neglect and exploitation in an aging America. Washington, D.C.: The National Academies Press

Stop procrastinating once and for all in 2015

Schoolwork. Understanding why we put off tasks is crucial.

It's a New Year's resolution college students the world over make over and over: "This is the year that I will stop procrastinating on my assignments."

But one professor says that the first step to ending this habit is to rethink the way we view it.

"The research shows that self-awareness is the first step in any kind of behavior change," says Dominic Voge, Associate Director of the Undergraduate Learning Program at Princeton University. "Most people see procrastination as some kind of failure in yourself, but that's a fundamental misunderstanding of the problem."

We asked Voge for his thoughts on why so many of us procrastinate and how to combat it.

Getting back into the swing of schoolwork can take time. / CREATAS

Identify the problem

"Procrastination is often a self-protection strategy," he explains. "It's protecting our self-concept of being capable." College students, many of whom are experiencing an academically competitive environment for the first time, tend to let their perfectionist tendencies get the better of them. "If we wait until the last minute, we can say to ourselves, 'If I perform poorly, it's because I didn't have enough time,'" Voge points out.

Give yourself a fun goal

"Procrastination feels like a big wall, [it blocks you]. So what is something that is going to get you over that wall?" Voge asks.

To figure that out, Voge suggests concentrating on the aspects of your classes that you like rather than focusing only on grades (which aren't solely in your control).

"When students have a life goal the thought of grades tends to diminish and their grades tend to go up," says Voge.

Planning

Learn to use blocks of time

"It's easy to say 'Why even start' if you only have an hour between classes or if you are really tired, notes Voge. "But you can say, 'Instead of watching TV, I can review my notes from class or I can skim a chapter of my textbook,'" he says. The trick is to assign yourself reasonable tasks. A half-hour is probably not enough to do your chemistry assignments, but it's enough time to review vocabulary for a language course.

LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

First daughter. High school junior Malia Obama starts looking at potential colleges to attend

As President Obama starts the final two years of his presidency he'll probably be adding several trips to his personal agenda. His oldest daughter, Malia, starts her college search.

Now a 16-year-old high school junior, Malia reportedly visited both Stanford University (Chelsea Clinton's alma mater) and the University of California at Berkeley last summer. But if she wanted to follow in the footsteps of several of her family members,there are several schools on the East Coast that she may want to consider. The president has said that Malia is possibly interested in eventually majoring in film.

The first daughter is reportedly interested in film. / GETTY IMAGES

Barnard College

Malia's aunt (and the President's half-sister) Maya Soetoro-Ng attended the Barnard in the early 1990s. Added bonus: the college has had a film studies program since 2002, where students can take courses like screenwriting.

Dad's alma mater

Columbia University

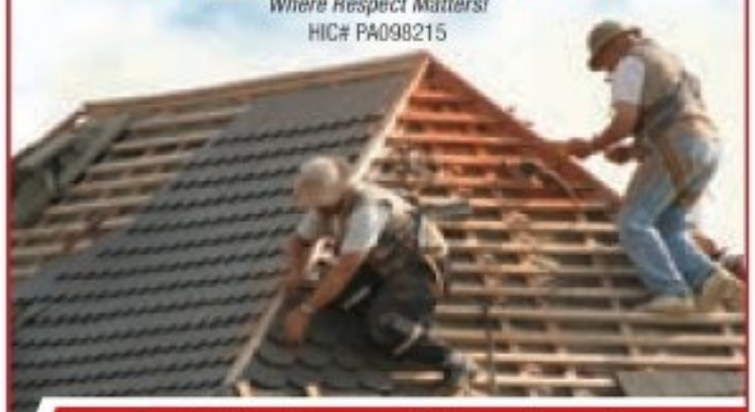
The Ivy League campus is, of course, where President Obama graduated from in 1983. Fittingly, the president majored in political science with a minor in international relations.

Princeton University

Both Michelle Obama and her brother, Craig Robinson, are Princeton graduates. Princeton alums in Hollywood include Brooke Shields and director Ethan Coen of the Coen brothers.

LAKSHMI GANDHI

Respectable Roofing LLC
Where Respect Matters!
HIC# PA098215



Specializing in energy efficient white roofs.
50 Year shingle roofs available. Fully licensed and insured.
Free estimates.

$50 OFF ANY ROOF REPAIR
CANNOT BE COMBINED WITH ANY OTHER OFFER. EXPIRES 12-31-15

$200 OFF ANY NEW ROOF
CANNOT BE COMBINED WITH ANY OTHER OFFER. EXPIRES 12-31-15

WE NOW OFFER NEW RUBBER ROOFS
STARTING AS LOW AS *$68.00 PER MONTH
*Financing based on credit approval.
215-681-0409
www.respectable-roofing.com Email: Info@Respectable-Roofing.com

DISABILITY
• SSI
• SOCIAL SECURITY
WORKER'S COMPENSATION
215-592-1111
KAREN WEISBORD, ESQ. 30 YEARS EXP.

career education
AC0028
HAPPY NEW YOU
Enrollment Event
JANUARY 10
Two convenient times: 10am or 11:30am
LEARN about the programs we offer
TALK to Admissions about which career fits you best
TOUR the campus
MEET with Financial Aid to learn how school could be affordable
ENROLL and get started on your career journey!
RSVP TODAY
888.323.4118
kaplancareerinstitute.com
177 Franklin Mills Boulevard, Philadelphia, PA 19154 • 3010 Market Street, Philadelphia, PA 19104
1991 Sproul Road, Suite 42, Broomall, PA 19008
For more information on our programs and their outcomes visit www.kaplancareerinstitute.com/consumer-info.
Kaplan Career Institute does not guarantee employment or career advancement. Programs vary by campus.
KAPLAN CAREER INSTITUTE

3 Ways to ease your workday

Resolved. 2015 is the year to get organized.

Who knows? Waking up earlier might just make you as happy as this guy. / FUSE

The start of a new year is the perfect time to make some much-needed changes to improve the quality of your work life. We reached out to Lindsey Pollack, productivity expert for the Hyatt Place Seamless Travel Series, for her suggestions for practical New Year's resolutions that will make a small but significant impact on your day-to-day life.

1 Wake up earlier. Your mornings set the tone for your day, says Pollack, who regularly writes pieces on productivity and business travel for Hyatt Place. Wouldn't it be great if you didn't have to rush out of your house each morning and instead had some time to think? "It's so hard to do, I know," admits Pollack, "but waking up earlier makes a big difference. Don't try to be too drastic right away — you can't set your alarm two hours earlier and expect it to work. For the first week, set your alarm 15 minutes earlier, and then the next week set it 15 minutes earlier than that."

Pollack also suggests creating early morning moments that you'll be eager to wake up for to make things easier. "Maybe there's an early morning SoulCycle class that you've always wanted to try or you want some time to write your novel or learn a new skill. It's time for you to be alone," she says.

2 Learn the art of delegating. "Delegating is the practice of working through other people," Pollack explains. "It's not dumping your work on others to do; it's knowing that you don't have to do everything yourself." In addition to trading tasks with your co-workers (perhaps you can copy-edit for a colleague while he or she helps you with something else), you can also delegate tasks to programs like a virtual assistant app to help keep your day on track.

3 Say "no" more often. "Learning how to say no is probably the biggest lesson I've learned in my career," says Pollack. "I think we feel that when we say no, we are letting the person down. But if you say yes to too many things, you are saying no to doing those things well."

LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

Fix That Annoying Home Repair For Just $249

Here's How It Works:
- We send out one of our **24**, fully trained **Repair Specialists** to evaluate your roofing, gutter or siding issue.
- They will diagnose your problem and review their findings with you (93.6% of all repairs we evaluate can be fixed, that day, for **$249**).
- In the event your issue can't be repaired for $249, you are given multiple options with no obligation or charge.

It's just that simple. This is a limited time offer so call **P.J.** today and take advantage of this great offer.

Call P.J. Today!

PJ P.J. Fitzpatrick, Inc.
WINDOWS · SIDING · ROOFING · DOORS · BATHS

1-484-436-4517
www.trustpj.com

$249 Repair Special
We'll fix any minor **Roofing**, **Siding** or **Gutter** damage.
Limited to materials on truck. Restrictions apply. Expires 01/31/15.

$189 Gutter Clean Special
Clean those clogged gutters **before** they cause damage.
Maximum 100 linear feet. Restrictions apply. Expires 01/31/15.

NJ Lic. #13VH01142000 DE Lic. #2009603070 PA Lic. #PA011323 MD Lic. #130457
See www.trustpj.com/specials for complete details.

INJURED AT WORK?
WE WILL FIGHT FOR YOU
• SOCIAL SECURITY DISABILITY
• WORK INJURIES
CALL
CHRISTY ADAMS, ESQ
ADAMS RENZI LAW
FREE CONSULTATION • SE HABLA ESPANOL
215-546-4208
ADAMS RENZI AR LAW
CENTER CITY • 1429 Walnut St.
NORTH PHILA. • 227 W. Lehigh Ave.

corix
Corix Utilities Inc.
Job Fair - Philadelphia, PA.
What: Looking for Entry-Level Gas Meter Technicians in Philadelphia, PA
When: Wednesday, January 7th 10:00am to 2:00pm
Where: 6900 Lindbergh Blvd Philadelphia, PA
Visit our job fair with your resume!
We will be conducting pre-screening and interviews on the spot.
Starting pay is $16.55/hr.
Some of the benefits our team members enjoy include a competitive wage and a comprehensive benefits package.
High School Diploma or equivalent. Must hold a valid driver's license.
www.corixjobs.com

Looking for the Care you and your family deserve in the comfort of your home?
We're here to HELP

For information please contact
FAMILY WISE HOME HEALTH CARE
215-352-4661 • pcfamilywise@comcast.net

Horoscope

♑ Capricorn | Dec. 22-Jan. 20. You will benefit from a partnership or joint venture. Follow your heart when it comes to adjustments.

♒ Aquarius | Jan. 21-Feb. 18. Be willing to give a little when dealing with someone who could have a positive influence. You will receive help if you are willing to offer something.

♓ Pisces | Feb. 19-March 20. An interesting relationship will develop as a result of a chance meeting. Your innovative contributions will be a welcome addition to an interesting project.

♈ Aries | March 21-April 20. You will give the wrong impression if you are pushy. A diplomatic approach will prevent you from being drawn into an argument.

♉ Taurus | April 21-May 21. If you are serious about furthering your prospects, you need to be honest. Keep the conversation flowing. A surprising person will be interested in you.

♊ Gemini | May 22-June 20. You should clarify your objectives. Personal issues will be on your mind and should be dealt with. If you must travel, be cautious.

♋ Cancer | June 21-July 22. If someone makes too many demands, make it clear that you need a break in order to rejuvenate and consider what you are willing to do.

♌ Leo | July 23-Aug. 22. Look for a way to promote or sell what you have to offer. Something you enjoy doing shows promise and can make you money.

♍ Virgo | Aug. 23-Sept. 22. You will confuse those around you if you keep changing your mind on issues. Finish what you start before you move on to something new.

♎ Libra | Sept. 23-Oct. 22. You will have difficulty resolving emotional issues on your own. Confide in a friend if you want advice. Patience will pay off.

♏ Scorpio | Oct. 23-Nov. 21. Vital information will be revealed. Don't wait to be told to put everything in place. Your plans are taking shape and your goals are within reach.

♐ Sagittarius | Nov. 22-Dec. 21. Consider traveling and connecting with old friends. You will find a new way to use your skills to get ahead.

EUGENIA LAST

Sudoku: Easy and hard

			8	4		6		
					5	9		2
6		4			2	3		
	5	9	6		3			4
				2				
2			7		4	1	3	
		5	4			2		6
7		3	9					
		8		1	7			

		5	8			9		
	6			3		4		2
3			9	7		5		
					8		6	1
		3				7		
1	9		3					
		1		4	9			5
9		6		8			2	
		7			2	8		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters to the editor

Keep giving

The holidays may be gone but the need remains. Our food kitchens and food pantries are in need, and that means all 365 days of the year. And let's not forget our blood banks that are in desperate need of donations. This year, as we make our New Year's resolutions, let's resolve to help the poor, needy and homeless by giving to those religious, community and government groups that help. Even if you cannot help financially, you can still volunteer your time to collect donations for the poor who are in desperate need. For it is charity that, I believe, is the greatest gift we can bestow on our fellow men.

FREDERICK R. BEDELL JR., VIA EMAIL

A hard job

Enough rhetoric and enough of Al Sharpton! He causes more problems and he is not Martin Luther King Jr., even on his best day! The fact is that police officers work under high stress and the divorce rate among those in blue is astronomical compared to other occupations. If some officers make mistakes, this should be addressed. Stress management and other training techniques, including cultural sensitivity, are appropriate. Police departments that do not offer this are operating in a mode of systemic failure. Put yourself in the shoes of a police officer: Each day you patrol the streets; some people are extremely violent; others are depressed; some are mentally unbalanced. Police officers never know what they will face each day. They are asked to be family counselors, social workers and psychiatrists. Having said that, when poor judgment or a violation of conduct standards occur, corrective measures need to occur swiftly. Citizens should have a right to protest; that is why our nation was founded. Grievance procedures need to be in place.

MYLES GORDON, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

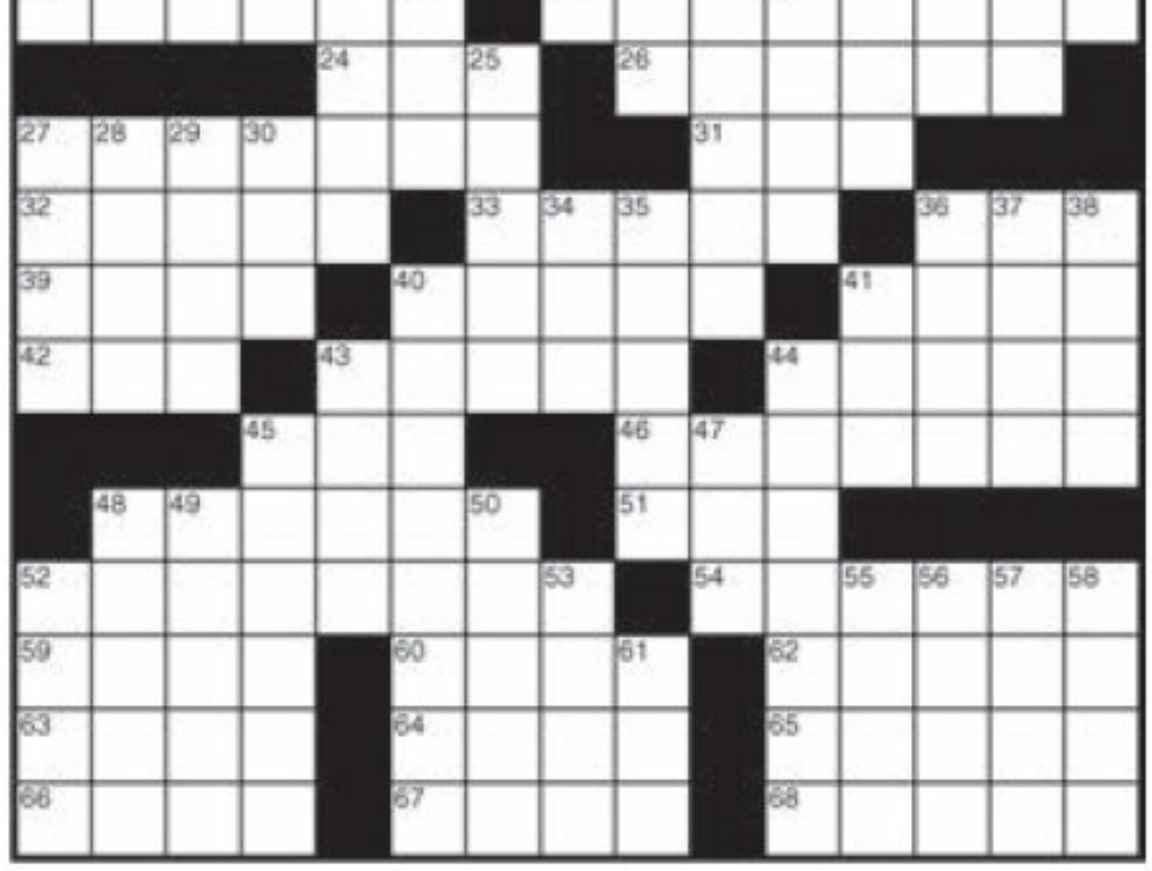
Crossword

Across

1 Polar explorer
6 Neutral shade
10 Feeling low
14 San —, Calif.
15 Pork selection
16 McEntire of music
17 Parting word
18 Give autographs
19 Pretty soon
20 Back out
22 Enjoyable time (2 wds.)
24 Weed whacker
26 Most droll
27 Family men
31 Corp. execs
32 Hair-raising
33 Auctions
36 Hoover's org.
39 Wire nail
40 Alpha followers
41 — pro quo
42 Tyke
43 Up and about
44 — Oberon of films
45 Airport closer
46 Holds gently
48 Latin dance (hyph.)
51 Cousteau's summer
52 Dishware
54 Houdini forte
59 Bits of thread
60 Yachting
62 Sincerely
63 Melville work
64 Pointillism feature
65 More ill-mannered
66 Geography abbr.
67 Cut
68 Rust or patina

Down

1 Ship's boom
2 Yield territory
3 Valhalla honcho
4 Bird abode
5 Dilemma
6 Windy City trains
7 Afro or updo
8 Unbending
9 Daunts
10 Exam scores
11 Gives for a time
12 Kapitan's command (hyph.)
13 Zillions
21 Help-wanted abbr.
23 Cosmetic target
25 Winding curves
27 Red ink
28 Prefix for "dynamic"
29 Mild expletive
30 "— you ever?"
34 Had brunch
35 Galahad's weapon
36 Roll tightly
37 Liver secretion
38 March 15, in Rome
40 Egoists have them
41 Theorem ender
43 Flint or marble
44 Conductor
45 Contributing cause
47 I-70
48 Legal offense
49 Respect
50 Fiery felony
52 Sour, as cream
53 Sherpa's sighting
55 Pivotal point
56 Imported car
57 Begged
58 Bronte heroine Jane —
61 Copperhead relative



Weekend's answer

metro **As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries.** • **Metro Philadelphia** 30 S. 15th St., Philadelphia, PA 19102 • **main** 215-717-2600 • **to advertise** 215-717-2695 • **Associate Publisher** Ed Abrams • **Associate Publisher** Jennifer Clark • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** adsphilly@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Aleksander Korab, aleksander.korab@metro.us • **National News Editor** Peter Green, peter.green@metro.us • **Sports Editor** Evan Macy, evan.macy@metro.us • **Deputy Features Editor, Home/Style/Food Editor** Tina Chadha, tina.chadha@metro.us • **Entertainment/Going Out/Travel Editor** Rachel Vigoda, rachel.vigoda@metro.us • **Film/Tech Editor** Matt Prigge, matt.prigge@metro.us • **Wellbeing/Going Out Editor** Eva Kis, eva.kis@metro.us • **Careers/Education/Dating Editor** Lakshmi Chandi, lakshmi.gandhi@metro.us

3 SPORTS

Farewell, Stuart

ESPN's Scott passes

Stuart Scott, a sports broadcasting icon who rose to fame on ESPN's "SportsCenter" in the 1990s, passed away Sunday morning after multiple battles with cancer at just 49 years old.

Dallas survives Lions, Colts handle Bengals

NFL. The Cowboys put together a comeback victory to set up a showdown at Lambeau Field next Sunday.

Tony Romo shined for Dallas on Sunday, throwing for 293 yards and two touchdowns. / GETTY IMAGES

A slow start looked as if it was doomed to derail the Dallas Cowboys season, as the Detroit Lions compiled a two-touchdown lead early and led by 10 points at halftime.

But Dallas staged a mighty comeback, overcoming defensive deficiencies early and used an 80-yard touchdown drive in the third quarter, and another 59-yard march late in the fourth to oust Detroit, 24-20.

The Lions had just enough time on the clock to mount a final comeback, but after driving into Cowboys territory inside the one-minute mark, the Dallas defense sacked Matthew Stafford and forced a fumble before he could reel off a pass.

Tony Romo shined in the win for Dallas, setting up a meeting with the Packers next weekend, throwing for 293 yards and two touchdowns.

Colts 26, Bengals 10

Way back in late September, the Bengals were considered by many to be strong Super Bowl contenders. But once again, when it mattered most, Cincinnati did what it always does: lose the first game it plays in January.

The Bengals became the first team in league history to lose four straight opening-round playoff games as they fell in Indy.

The Colts' defense looked strong, holding Cincy to just 254 yards of total offense. Andy Dalton was underwhelming as he threw for just 155 yards and did not throw a touchdown pass while his signal-calling counterpart, Andrew Luck, completed 31-of-44 passes for 376 yards and a touchdown.

MATT BURKE
and EVAN MACY

Divisional round set

An early look at the NFL's second-round games.

- In the AFC, the No. 1 seed Patriots will host the No. 6 seed Ravens on Saturday (4:35 p.m., NBC) at Gillette Stadium.
- Sunday, Andrew Luck will square off with the man he replaced, Peyton Manning, as Indianapolis will take on the Broncos in Denver (4:40 p.m., CBS). It will be the second time this season that Luck and Manning have faced each other as the Broncos beat the Colts, 31-24, in Week 1.
- Two of the NFL's most storied franchises will meet in the divisional round in Green Bay next Sunday as the Cowboys will take on the Packers (1:05 p.m., FOX). Aaron Rodgers last played against Dallas in 2010 and his Packers blew by the Cowboys, 45-7.
- In next weekend's other NFC game, the Seahawks will host Carolina. While it's easy to poke fun at Carolina's sub-par record, the Panthers always seem to play Seattle tough.

GAS/OIL HEAT • AIR CONDITIONING
$1089 Completely Installed
GM S8040 REPLACEMENT
ONE DAY INSTALLATION
100% FINANCING
CREDIT CARDS ACCEPTED
WINTER SALE
$990 DELIVERED
VSX13015
The Goane Boys 610-353-5400

MARC ROSSI AUTO SALES
www.driverossi.com
3759 KENSINGTON AVE. 215-831-8861
$0 DOWN Available
No Credit Check**
• Bad Credit
• No Credit
• Repos
OKAY!

2007 Ford Escape XLT — As low as $233/*Month — Alloy Wheels, Privacy Glass, Roof Rack
2007 Chrysler 300 — As low as $209/*Month — CD/MP3, Premium Seats, Climate Control
2007 Chevy Tahoe LS AWD — As low as $233/*Month — CD/MP3, Satellite Radio, Dual Climate Control
2007 Cadillac CTS — As low as $219/*Month — 200 Watt Stereo, Satellite Radio, Alloy Wheels
2008 Chevy Tahoe LT AWD — As low as $239/*Month — CD/MP3/DVD, Keyless Start, OnStar
2008 Saturn Outlook XR AWD — As low as $233/*Month — CD/MP3, 3rd Row Seats, Moonroof
2007 Saturn Vue — As low as $209/*Month — AWD, CD/MP3, OnStar, Privacy Glass
2008 Chevy Impala LT — As low as $233/*Month — Satellite Radio, CD/MP3, Dual A/C
2007 Dodge Caravan SXT — As low as $209/*Month — CD/MP3/DVD, Heated Leather Seats, Moonroof
2008 Buick Lucerne CXL — As low as $239/*Month — Leather, CD/MP3, Navigation
2008 GMC Acadia SLT — As low as $239/*Month — AWD, Subwoofer, Bose Stereo
2007 Chevy Suburban LTZ — As low as $243/*Month — Leather, 3rd Row Seats, Privacy Glass

GUARANTEED CREDIT APPROVAL
CALL TODAY. DRIVE TODAY.
*For in-house financing only.
*Advertised prices dependent on credit score and down payment
★ $500 OFF Vehicle Purchase w/ Ad ★
215.831.8861
FINANCING DONE RIGHT
CARFAX ADVANTAGE DEALER

Jaylen Bond is becoming a force to be reckoned with at Temple. / JOSEPH V. LABOLITO/TEMPLE UNIVERSITY

Owls lifted by Bond as hot play continues

NCAA. Temple hoops appear to be hitting stride in new year.

Temple continued its recent surge Sunday, besting UCF (7-6) 84-78 on North Broad Street. The Owls improved to 11-4 on the season and 5-0 since their newest transfers, Jesse Morgan and Devin Coleman, were deemed eligible to play.

Temple guard Will Cummings talked about how the team is coming together and what's different in this year's team compared to a season ago.

"We're still learning each other game by game and practice by practice," Cummings said. "We have a different group of guys than we had last year and guys who've come in here halfway through the season. We're still feeling each other out, but we have different guys step up each game. Other teams can't really focus on one or two guys with us anymore, they have to focus on the whole team."

Four Owls scored in double-digits, led by Jaylen Bond's career-high of 21 points and 14 rebounds. Cummings (21 points), Josh Brown (14 points) and Quenton DeCosey (12 points). Bond, who had his fifth game of double-digits in points this season, spoke about the rhythm he's found.

"I'm just more comfortable within the offense and playing aggressively on both ends of the court," Bond said. "I'm playing to my strengths right now which is leading to easy points on offense."

Not usually one of his strengths, Bond hit a three-pointer to give the Owls an early 7-6 lead in the first half. Coach Fran Dunphy talked about how he would like to see him expand this part of his game as the season wears on.

"He doesn't need to manufacture three's but if he gets them within the offense he needs to shoot it and keep the defense honest," Dunphy said. "But, his greatest attribute to us offensively is in follow ups and stick backs."

With 13 first-half points from Bond, the Owls stretched their lead to 38-26 at halftime. The Knights opened the second half on a 7-0 run to cut Temple's lead to just five, but never got closer. The Owls followed with an 11-2 run of their own after to push their lead back up to 14.

The Knights were led by B.J. Taylor's 21 points and Daiquan Walker's 17 points in the loss. It was a nice revenge game for Temple, who had lost 78-76 a season ago down in Florida.

The Owls improved to 9-0 at home this season with the win and to 2-0 in the American Conference. They face Tulane (11-3) on the road Wednesday and come back home for Tulsa (8-5) on Saturday.

JEFF MCMENAMIN
@Jeff_McMenamin
sports@metro.us

Owl bonding

Temple's Jaylen Bond is quickly becoming an elite AAC threat.

- After registering a career-high 18 rebounds last week against Delaware State, Bond busted out for a career-high of 21 points Sunday against UCF. Bond now has three double-doubles this season and he's averaging 12 points and 12 rebounds in the past four games.

PRADA • GUCCI • RAY BAN • VERSACE • ACUVUE
DOLCE & GABBANA • KENNETH COLE • BAUSCH & LOMB • TOM FORD

FREE GLASSES or CONTACT LENSES

with most of these insurances:

- City Workers
- VBA • NVA
- Police / Fireman's
- F.O.P.
- March Vision Care
- Davis Vision*
- Keystone Mercy
- Bravo Health
- SEPTA employees
- Blue Cross / Blue Shield
- Americhoice
- Aetna
- United Healthcare Community Plan
- Keystone East
- Health Partners
- All University of Penn Workers

Plus Most Other Insurances

2 PAIRS OF GLASSES

$79 from

Includes:
• Complete Eye Exam
• Frames • Lenses

Cannot be combined with insurance

EyeMed VSP NVA
* Now Accepting Bravo Health

OptumHealth Davis Vision
* Co-pays may apply

eye encounters
vision centers
EXAMS • GLASSES • CONTACTS • SUNGLASSES

3810 Morrell Ave. Phila., Pa 19114 ..... 215.632.6698
3853 Aramingo Avenue 215.288.3333
4002 Chestnut Street 215.921.4871
1925 Chestnut Street 215.854.0441
1325 Market Street 267.514.4393

Now Offering OAKLEY

OBAMA CARE NOW ACCEPTED

LEGAL SERVICES

To advertise call Erin Thomson at 215-717-2691 or email erin.thomson@metro.us

Medical Malpractice

Cerebral Palsy | Cancer Misdiagnosis
Birth Injury | Hospital Death
Surgery Mistake | Doctor Mistake

Harvard & Yale trained Doctor-Lawyer

- As co-counsel achieved over $60 million in settlements & verdicts since 1/1/12
- Named one of 2014 Super Lawyers by publisher of Philadelphia Magazine

Law Offices of Tai Y. Wong
PA & NJ 215-592-9750
Free Initial Consultation. No Recovery-No Fee
1101 Market Street, Aramark Tower Suite 2820, Philadelphia, PA 19107

SLIP AND FALL

Our Law Firm handles all *FALL DOWN* Claims
Free Consultation 24/7
215-268-7800
1617 JFK Blvd., Suite 355 Philadelphia, PA 19103
SLIPANDFALLGUYS.COM

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

ENTERTAINMENT

America's Premier Psychics Live Psychic Reading
877-998-FATE (3283)
$3.99/min
Entertainment only 18+

HOT LOCAL CHAT
100's of Sexy Singles On Line Now
800-903-1861
REAL HORNY GIRLS
LIVE 1 ON 1
800-709-4909

PHILLY'S HOTTEST CHAT
100's of Sexy Singles Online Now
267-960-2622
GAY & BI CHAT
267-960-2621
LD RATES APPLY

PERSONAL INJURY, DIVORCE, BANKRUPTCY IMMIGRATION, CRIMINAL, DUI
10% off already great prices
ReinherzLaw.com
A Trusted, Fast & Affordable 2nd Generation Business
PHILA: 1315 Walnut St. Ste 804, Additional location in NJ
Reinherz LAW OFFICES 215-922-2055
Over 50 Years Combined Experience • Debt Relief Agency

LAW OFFICES OF TODD B. JACOBS, LLC
"Aggressive Representation for the Injured"
NO FEE unless you are compensated for your injuries
- Car Accidents • Bus Accidents
- Slip/Trip and Fall Injuries
- Work Place Injuries

267-687-0379

ACCIDENTS INJURIES SLIP & FALLS
NO FEE UNTIL WE SETTLE
LICENSED IN PA & NJ
Social Security/Disability ¡Hablamos Español!
215-665-1900 DENNIS A. POMO, Attorney at Law

IMMIGRATION LAW

- Practice limited to Immigration Law to better serve you
- Reasonable fees and convenient payment plans available
- Office easily accessible from public transportation
- Saturday hours
- FREE initial consultation with this ad.

LAW OFFICE OF
LAETITIA CREECH
1835 Market Street, Suite 2626, Philadelphia, PA 19103
Phone: 215.575.7622

PSYCHICS

PROFESSOR SHEIKH IBRAHIM
SPIRITUAL HEALER AND CLAIRVOYANT SPECIALIZE IN RELATIONSHIP, MARRIAGE & LOVE, BREAK BLACK MAGIC, BAD LUCK, BUSINESS, JOB, EXAMS, DIVORCE, COURT CASES, IMMIGRATION, ETC SEEK HELP FROM MR. IBRAHIM
Results between 3/7 days!
www.psychicoumar.com
CALL NOW
212.316.0567 OR 646.239.4298

ITEMS WANTED

CASH FOR DIABETES TEST STRIPS
- Up to $35/box!
Payment Made SAME-DAY We Receive Your Strips!
Call Jenni for a Quote Today!
800-413-3479
www.CashForYourTestStrips.com.

CASH NOW FOR UNUSED DIABETIC TEST STRIPS
Free Pick-Up!!
Call or Text 732-588-7613

REAL ESTATE

Real Estate for Sale

Real Estate for Sale

House For Sale
$539.57 a month
3 Bedrooms, Excellent condition
Nick's Real Estate
(215) 425-3500

Real Estate Wanted

Real Estate Wanted

WE BUY UGLY HOUSES.®
HOMEVESTORS® AMERICA'S #1 HOME BUYER
1-800-301-3223

Psychics

POWERFUL INDIAN PSYCHIC & HOLY SPIRITUAL ASTROLOGER
Expert in palm and horoscope readings
Specialist in Bringing Back Loved Ones
IF YOU HAVE A PROBLEM, HE HAS A SOLUTION
For: Health • Family • Marriage • Children • Business • Husband & Wife Relationships •
He is an expert in destroying and removing black magic, witchcraft, obeah, voodoo, and all bad luck, and gives life-long protection.
CALL FOR AN APPOINTMENT
PANDIT: GURU MUKESH
267.474.5803
100% Results
Open 7 Days • Philadelphia

MEDICAL RESEARCH

To advertise call Jennifer Lydon at 215-717-2694 or email jennifer.lydon@metro.us

Penn University of Pennsylvania

SLEEP STUDY
University of Pennsylvania sleep research studies. Must be healthy, 21-50 years old with a regular sleep schedule. Financial compensation will be provided.
call: **215-573-5855**

Real Estate Wanted

Tired of Late Paying Tenants? Foreclosure Looming?
We buy houses OR help homeowners stay in their homes.
Call or Text 267-516-2670

CASH TODAY FOR YOUR HOME!
Any Area • Any Condition
Call
267-499-6847

CASH FOR YOUR HOME
TOP $$$ PAID
(215) 346-7190

Real Estate for Sale

Real Estate for Sale

Rentals

4207 chester ave, $99 move in special.
Close to Penn Drexel and public transportation.
Please call 267-701-0327 for a visit

Rooms for Rent

ROOMS
Southwest, West, and North Philly, Germantown.
Cable, all utils included.
215-806-7078

ROOM FOR RENT
Private home. Males only, 50 and older.
North Philly.
Call 267-616-0324

SERVICES

$$ CASH PAID $$
BUYING NICOTINE PATCHES / GUM and Diabetic Test Strips
We Pickup
215-395-7100

REDUCE YOUR CABLE BILL!
Get an All-Digital Satellite System installed for FREE and programming starting at $19.99/mo. FREE HD/DVR upgrade for new callers,
SO CALL NOW
877-356-0528

www.metro.us

metro CLASSIFIED DIRECTORY

To advertise please contact 866-900-9473 or Phillyclassifieds@metro.us

CARS

WE BUY JUNK CARS
TRUCKS & VANS
Up to $500
CASH GUARANTEED
FREE TOWING
SAME DAY PICK-UP
267-229-1970

JOBS

General Help Wanted

MV

Paratransit Drivers - Full Time

- No CDL required!
- Paid Training Provided - Classes Forming Now!

For more information apply in person at

2625 Wheatsheaf Lane, Philadelphia, PA 19137

215-743-9700

www.mvtransit.com

An Equal Opportunity Employer

General Help Wanted

NEW YEAR, NEW CAREER

WE HAVE FULL TIME OPENINGS

Looking to Hire Individuals who can start ASAP

Seeking Leaders with a strong work ethic

Benefits + Weekly Bonus Opportunities • We Promote from Within

CALL 215-789-2046

BE PART OF SOMETHING **BIG** IN 2015

JOIN OUR TEAM AND START ENJOYING:

Competitive Compensation • Weekly Bonus Opportunities

Advancement Opportunities • Friendly Work Environment

Back Check upon Hiring • It's a New Year, Time to Start your NEW CAREER

CALL 215-789-2050

LEGAL NOTICES

Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) proposes to collocate wireless communications antennas at a top height of 41 feet on a 53-foot building at the approx. vicinity of 5400 Woodland Avenue, Philadelphia, Philadelphia County, PA 19143. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: Trileaf Corp, Stephanie, s.claypool@trileaf.com, 10845 Olive Blvd, Suite 260, St. Louis, MO 63141, 314-997-6111.

CAREER TRAINING

PLUMBING & PIPEFITTER TRAINING!

Train to install plumbing systems, water lines, fixtures, furnaces & more!

NO EXPERIENCE NEEDED!

Day & Evening Training!
Job placement assistance when program completed at Orleans Tech!

Call for details!

1-888-528-5540

HS Diploma/GED & valid Drivers license req.mnt.
For consumer information visit Orleanstech.edu/disclosures

Career Training

LOOK NO FURTHER!

Start training for a new career today!
• Medical Assistant • Electrical Technician
• Dental Assistant • Pharmacy Technician

Call Now! **877.846.3604**

www.kaplancareerinstitute.com

KAPLAN CAREER INSTITUTE

1801 Sproul Rd., Ste. 42 • Broomall, PA 19008
177 Franklin Mills Blvd. • Philadelphia, PA 19154
3010 Market St. • Philadelphia, PA 19104

For more information on our programs and their outcomes visit www.kaplancareerinstitute.com/programs. Kaplan does not guarantee employment or career advancement. Programs vary by campus.

ELECTRICIAN ASSISTANT TRAINING!

Train to install & service Residential & Commercial Electrical systems now!

NO EXPERIENCE NEEDED!

Orleans Tech gets you Trained & Job ready!
Day & Evening Classes!

Call for details!

1-888-567-7690

HS Diploma/GED & valid Drivers license req.mnt.
For consumer information visit Orleanstech.edu/disclosures

MAKE A CHANGE TODAY!
In less time than you think you could train for a new career!
Medical Assistant • Electrical Technician
Pharmacy Technician
CALL NOW! 800.761.7504
Kaplan Career Institute
1991 Sproul Rd., Ste. 42, Broomall, PA 19008
177 Franklin Mills Blvd., Philadelphia, PA 19154
3010 Market St., Philadelphia, PA 19104
Programs vary by campus. Information about programs at www.kaplancareerinstitute.com/consumer-info

LOOK NO FURTHER!
Train for a new career as a
MEDICAL ASSISTANT!
Call Now! 800.761.7504
Kaplan Career Institute
Broomall Campus
1991 Sproul Road, Suite 42, Broomall, PA 19008
Franklin Mills Campus
177 Franklin Mills Blvd., Philadelphia, PA 19154
Philadelphia Campus
3010 Market Street, Philadelphia, PA 19104
Information about programs at
www.kaplancareerinstitute.com/consumer-info

Career Training

SEARCHING FOR A NEW CAREER?
Train for a new career as an
ELECTICAL TECHNICIAN!
Call Now! 800.761.7504
Kaplan Career Institute
Broomall Campus
1991 Sproul Road, Suite 42, Broomall, PA 19008
Franklin Mills Campus
177 Franklin Mills Blvd., Philadelphia, PA 19154
Philadelphia Campus
3010 Market Street, Philadelphia, PA 19104
Information about programs at
www.kaplancareerinstitute.com/consumer-info

MISCELLANEOUS

Diabetic Test Strips Needed
Also nicoderm CQ patches.
Will pay up to $30 per box.
Will pick-up. Call 610-453-2525

53 Y/O WOMAN ACCUSED

On 12/23/14, I walked N.C. to school like I do everyday and I watched him walk into the yard. About 11:30 am, I get a call from DHS worker to find out that N.C. was at the 15th District police station. It was accusations that I beat him and made him stand on the corner to sell drugs. So I said to the DHS worker I did NOT do that. Read entire story in CityPaper under Notices

metro CLASSIFIEDS
To place an ad call
866-900-9473
or visit us at
www.metro.us

GOOD CREDIT • BAD CREDIT • NO CREDIT • REPOS • DIVORCE • BANKRUPTCIES • CHARGE-OFF'S • GOOD CREDIT

The Credit Professionals At **Fairless Motors**

¡ Se Habla Espanol!
$0 DOWN!

In business for over 30 years.
We will NOT be undersold!
435 LINCOLN HWY, FAIRLESS HILLS, PA

We Buy Clean, Used Cars

PAYMENTS AS LOW AS $99.00 PER MONTH !

Bring in This Ad & Receive $500 OFF Your Purchase!

ALL VEHICLES FAIRLESS MOTORS CERTIFIED

For Live Help Call 1-888-251-4312

Special incentives for SEPTA, hospital and postal workers! Used Car Leasing Now Available.

24 HOUR HOTLINE: 1-800-205-0068 www.FairlessMotors.com

2007 Audi Q7 Quattro AWD
$24,900

2009 Mercedes GL550 4MATIC
$29,900

2009 Honda Accord EX
$13,900

2008 Chevy Suburban LTZ 4X4
$23,900

2010 Dodge Ram 1500 SLT 4X4
$21,900

2007 Nissan Sentra
$7900

2009 Ford Expedition Eddie Bauer 4X4
$18,900

2007 Honda Pilot EX-L AWD
$14,900

2008 Cadillac Escalade EXT
$31,900

2008 Buick Enclave CX
$15,900

2011 Chevy Camaro SS Convertible
$23,900

2011 Ford Taurus SEL
$14,900

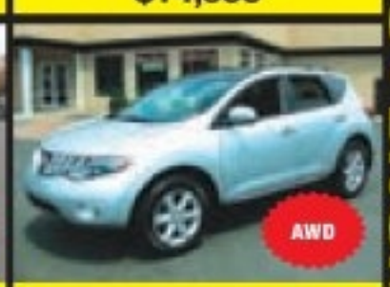
2008 Infiniti M35x AWD
$13,900

2008 Mazda CX-9 Touring
$12,900

2011 Lexus ES 350
$23,900

2013 Nissan Altima 2.5 S
$14,900

2008 Cadillac CTS AWD
$15,900



2011 Nissan Murano SL
$18,900

BANKRUPTCIES • CHARGE-OFF'S • GOOD CREDIT • BAD CREDIT • NO CREDIT • REPOS • DIVORCE

Do you suffer from

SYMPTOMS OF DEPRESSION

even though you *take an* anti-depressant *daily?*

If so, please contact **PRAHEALTHSCIENCES** to learn about our research study of an investigational depression medication.

Qualified participants must:
- Be age 18 to 70
- Take an antidepressant daily
- Currently suffer from symptoms of depression

Qualified participants receive:
- All study-related exams and study medication or placebo at no cost
- Up to $550 in compensation for time and travel

PRAHEALTHSCIENCES

For more information, call toll-free **1.877.438.3923** or visit PRAHS.com

Have you or a loved one been diagnosed with **schizophrenia?**

If so, contact us today to learn about clinical research studies of investigational schizophrenia medications for adults ages 18 to 65.

Qualified participants receive
all study-related medical care and investigational medication at no cost.

Qualified participants may receive
total compensation ranging from $3,000 to $10,000 for time and travel.

For more information, call toll-free **1.888.442.9012** CRILifetree.com
LOCATIONS IN PHILADELPHIA & SOUTHERN NEW JERSEY

CRILifetree
Innovative Solutions. Reliable Results.

Would **you** like to

PARTICIPATE IN MEDICAL RESEARCH

and **be compensated** for your help?

If so, please contact us about our research study of an investigational medication.

To qualify, you must:
- Be a healthy adult, 18 to 45 years of age
- Have not used tobacco products for at least 6 months
- Be available to stay at the study center for up to eleven nights

Insurance is not required to participate and transportation is available.

Those who qualify receive study-related care and study medication at no cost.

Compensation up to $2,900 may be provided for time spent in the research study.

PRAHEALTHSCIENCES

For more information call toll-free **1-877-867-4611** or visit PRAHS.com